

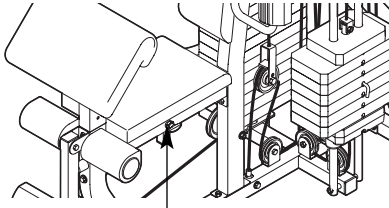
# GOLD'S GYM®

## XRT 75

Model No. GGSY69320

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

## USER'S MANUAL

### QUESTIONS?

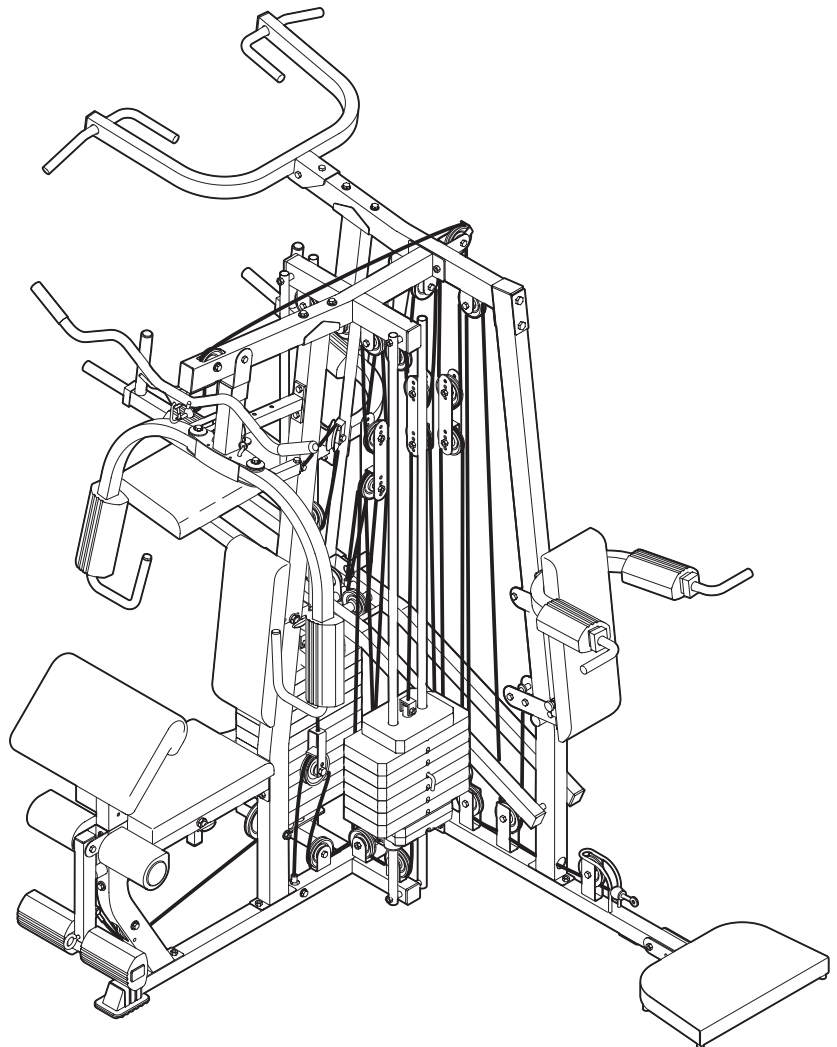
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST



### **⚠ CAUTION**

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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Note: A PART IDENTIFICATION CHART, a PART LIST, and an EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART, PART LIST, and EXPLODED DRAWING before beginning assembly.

## WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight system in the indicated locations. If a decal is missing or illegible, call our toll-free Customer Hot Line at 1-800-999-3756 and order a free replacement decal. Apply the decal in the location shown.

### **WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

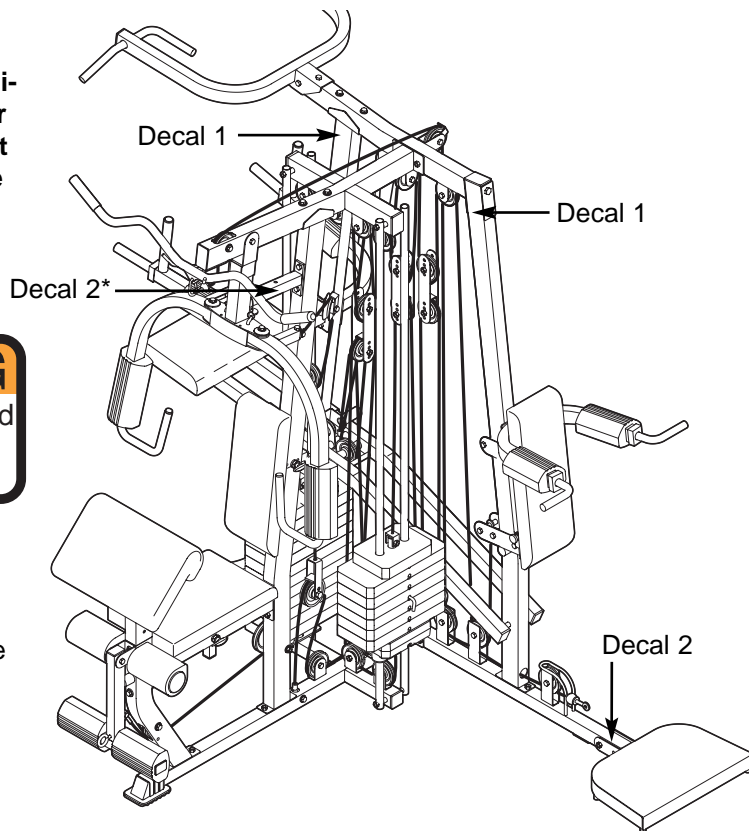
**Decal 1**

### **WARNING**

Keep hands and fingers clear of this area.

**Decal 2**

\*This decal has been placed on both sides of the butterfly upright extension.



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# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual and in the accompanying literature before using the weight system.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure that all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection.
9. The weight system is designed to support a maximum user weight of 300 pounds.
10. The weight system should not be used by more than one person at a time.
11. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
12. Never release the butterfly arms, leg lever, squat arm, assist arm, lat bar, row bar, or handle while weights are raised. The weights will fall with great force.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys.
15. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

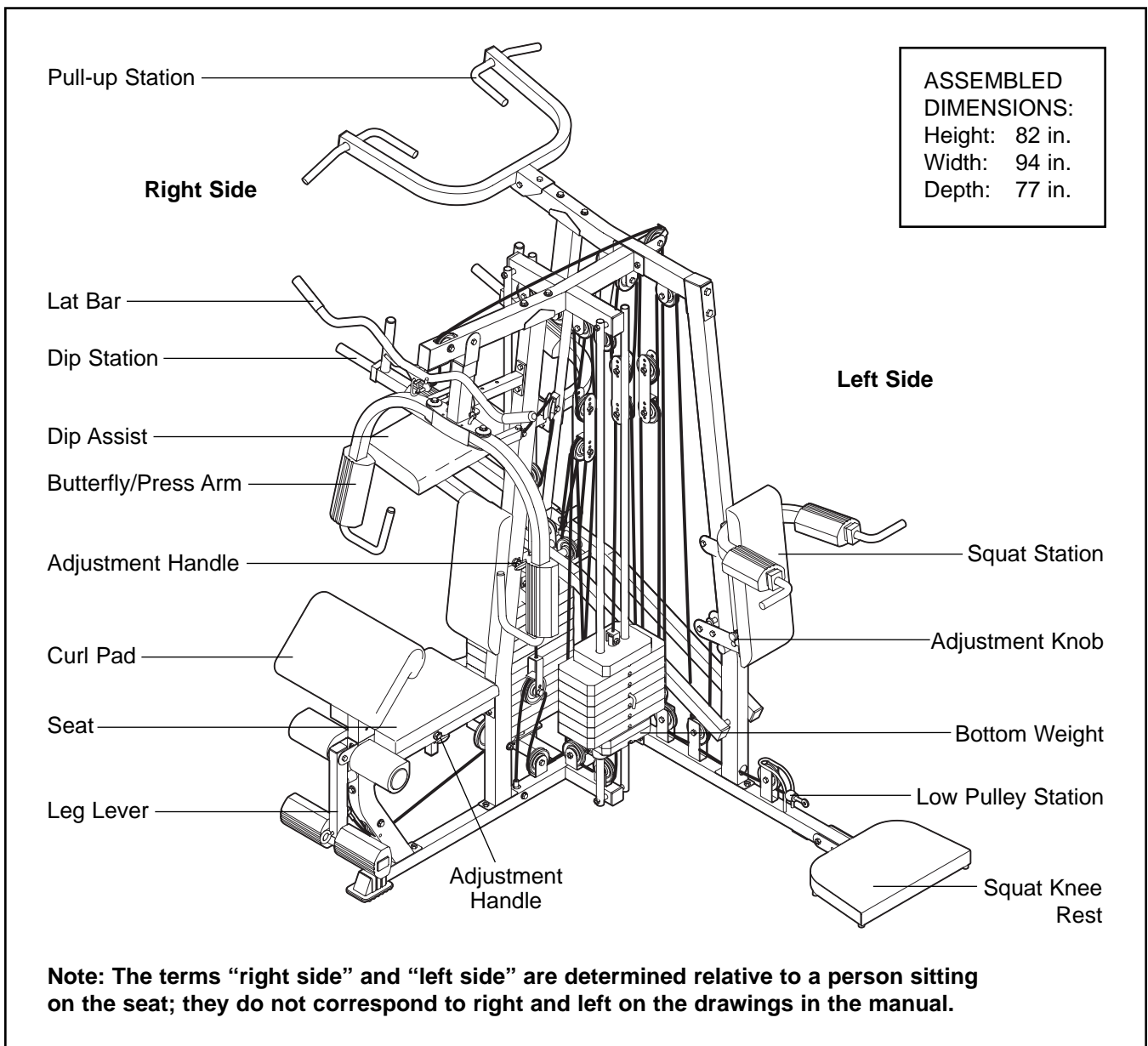
# BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XRT 75 weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight system.** If you have questions after reading this manual, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGSY69320. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

## Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

## Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight system, the assembly process will require several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.



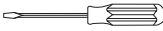

## Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

## How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

## Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

## Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-800-999-3756**.

## The Four Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

**Arm Assembly**—During this stage you will assemble the arms and the leg lever.

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms to the weights.

**Seat Assembly**—During the final stage you will assemble the seats and the backrests.

# Frame Assembly

1. Before beginning assembly, make sure you understand the information in the box on page 5.

Locate and open the parts bags labeled “FRAME ASSEMBLY 1” and “FRAME ASSEMBLY 2.”

Press four 50mm Square Inner Caps (105) into the Rear Stabilizer (53) and the Long Base (120).

Attach the Rear Stabilizer (53) to the Long Base (120) with two M8 x 70mm Carriage Bolts (131) and two M8 Nylon Locknuts (71). **Do not tighten the Locknuts yet. Make sure the iron plate is on the bottom.**

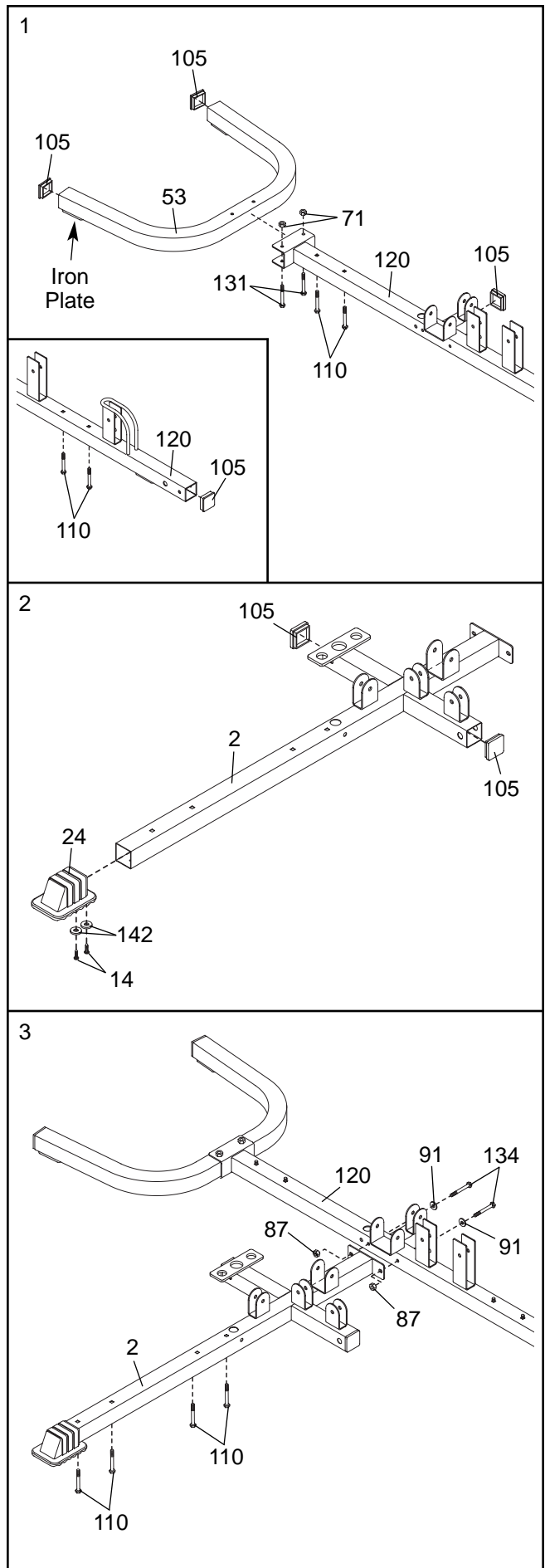
Insert four M10 x 65mm Carriage Bolts (110) up into the Long Base (120). **Note: It may be helpful to place tape over the heads of the Carriage Bolts to hold them in place.**

2. Press two 50mm Square Inner Caps (105) into the Short Base (2).

Attach the Base Cap (24) to the Short Base (2) with two M4 x 20mm Self-tapping Screws (14) and two M4 Washers (142).

3. Insert four M10 x 65mm Carriage Bolts (110) up into the Short Base (2). **Note: It may be helpful to place tape over the heads of the Carriage Bolts to hold them in place.**

Attach the Short Base (2) to the Long Base (120) with two M10 x 70mm Bolts (134), two M10 Washers (91), and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**



4. Press two 25mm x 50mm Round Outer Caps (113) onto the bars on the VKR Upright (5).

Attach the VKR Upright (5) to the Long Base (120) with the two indicated M10 x 65mm Carriage Bolts (110) and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

Press two 25mm x 25mm Round Outer Caps (140) onto the bars on the Squat Upright (4). Press a 50mm x 75mm Inner Cap (58) into the Squat Upright.

Attach the Squat Upright (4) to the Long Base (120) with the two indicated M10 x 65mm Carriage Bolts (110) and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

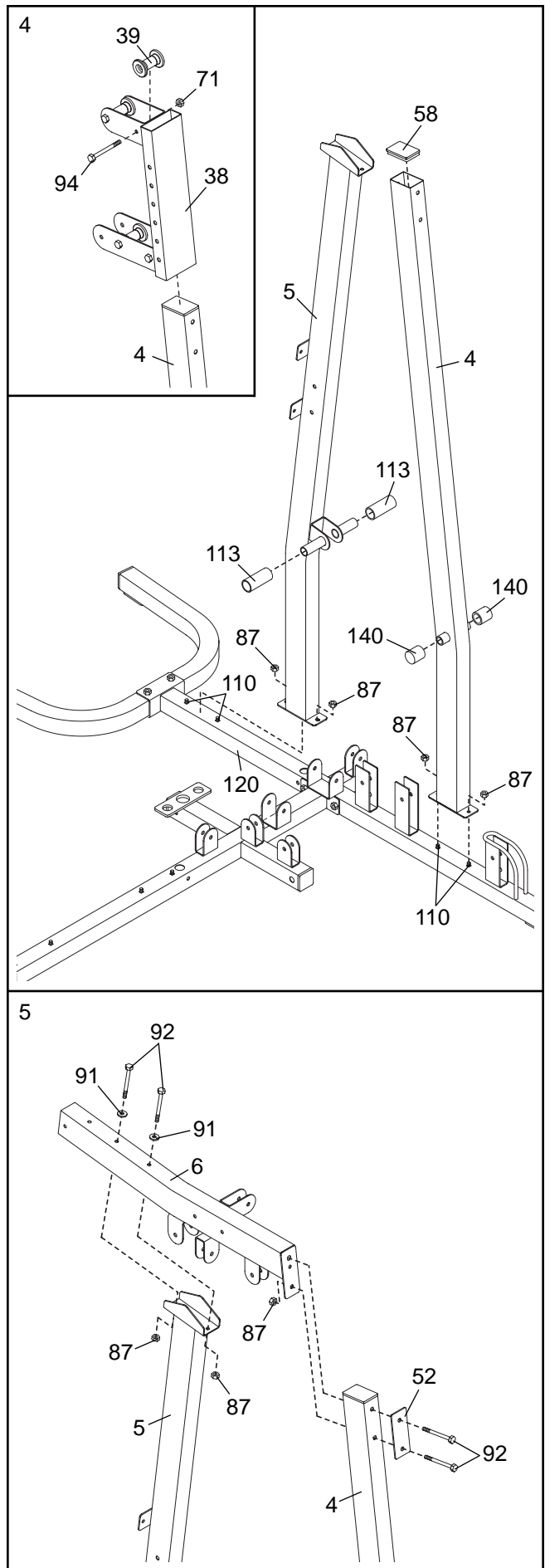
**See the inset drawing.** Attach a Roller (39) between the indicated set of holes in the Squat Slider (38) with an M8 x 85mm Bolt (94) and an M8 Nylon Locknut (71) as shown. **Do not over-tighten the Locknut; the Roller must be able to roll easily.**

**Assemble the other three Rollers (39) to the Squat Slider (38) in the same manner.**

**See the inset drawing.** Slide the Squat Slider (38) down onto the Squat Upright (4).

5. Attach the Top Frame (6) to the VKR Upright (5) with two M10 x 95mm Bolts (92), two M10 Washers (91), and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

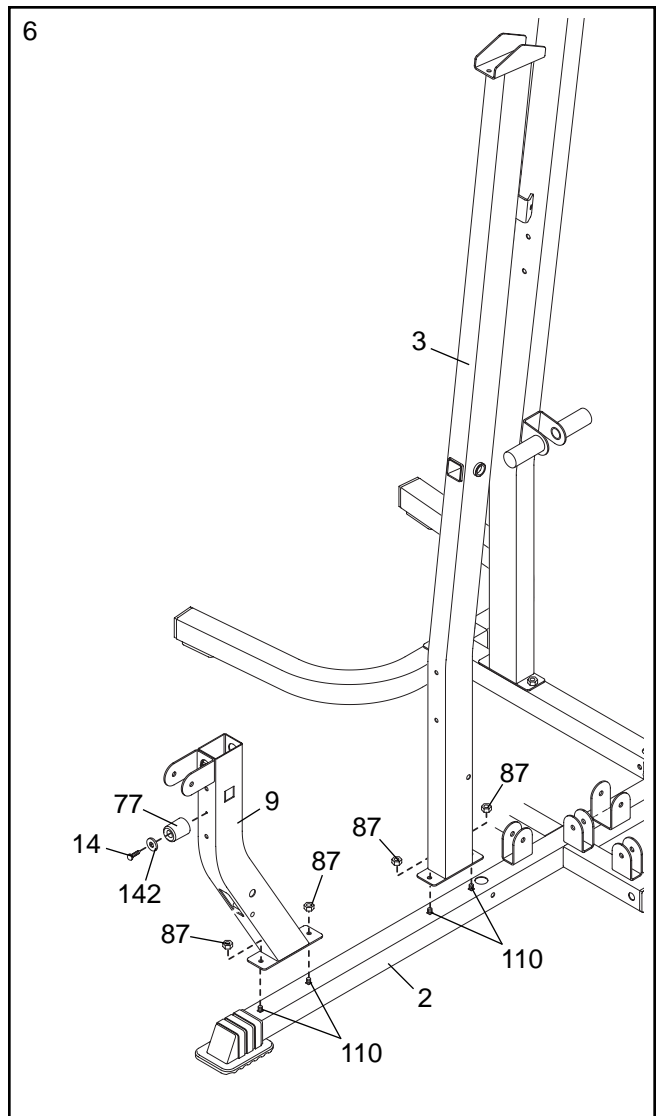
Attach the Top Frame (6) to the Squat Upright (4) with two M10 x 95mm Bolts (92), a Short Frame Plate (52), and an M10 Nylon Locknut (87). **Do not tighten the Bolts and Locknuts yet.**



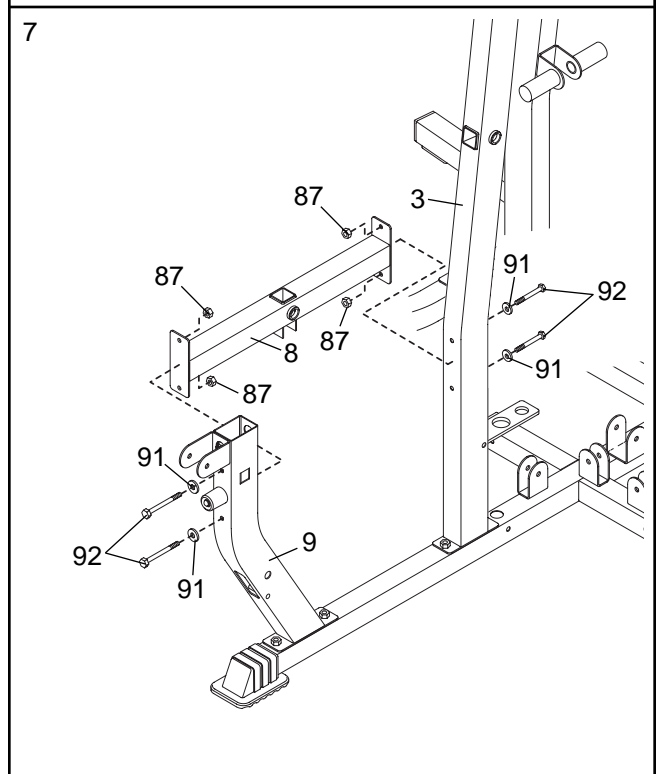
6. Attach the Butterfly Upright (3) to the Short Base (2) with the two indicated M10 x 65mm Carriage Bolts (110) and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

Attach the Seat Leg (9) to the Short Base (2) with the two indicated M10 x 65mm Carriage Bolts (110) and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

Attach the Leg Lever Bumper (77) to the Seat Leg (9) with an M4 Washer (142) and an M4 x 20mm Self-tapping Screw (14).



7. Orient the Seat Frame (8) as shown. Attach the Seat Frame between the Butterfly Upright (3) and the Seat Leg (9) with four M10 x 95mm Bolts (92), four M10 Washers (91), and four M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

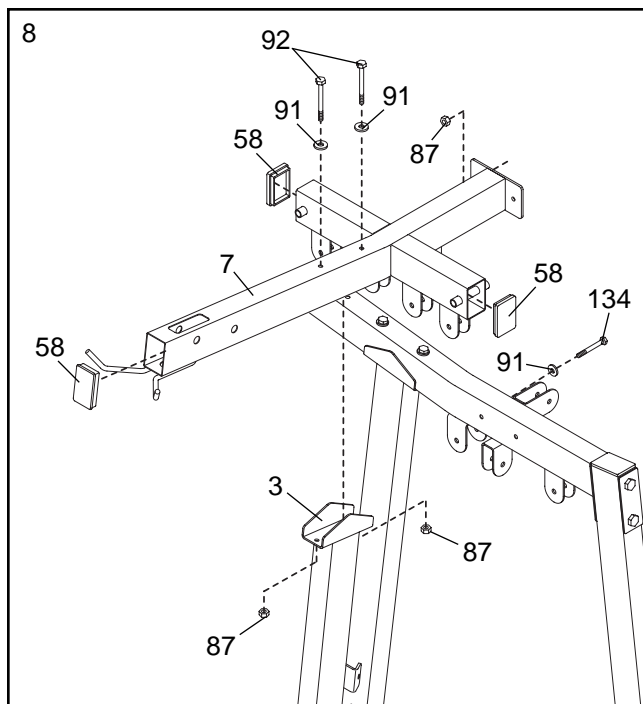




- Press three 50mm x 75mm Inner Caps (58) into the Butterfly Top Frame (7).

Attach the Butterfly Top Frame (7) to the Butterfly Upright (3) with two M10 x 95mm Bolts (92), two M10 Washers (91), and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

Attach the Butterfly Top Frame (7) to the Top Frame (6) with an M10 x 70mm Bolt (134), an M10 Washer (91), and an M10 Nylon Locknut (87). **Do not tighten the Locknut yet. Make sure the Bolt is inserted through the indicated hole in the Top Frame; a bolt will be inserted through the other in a later step.**



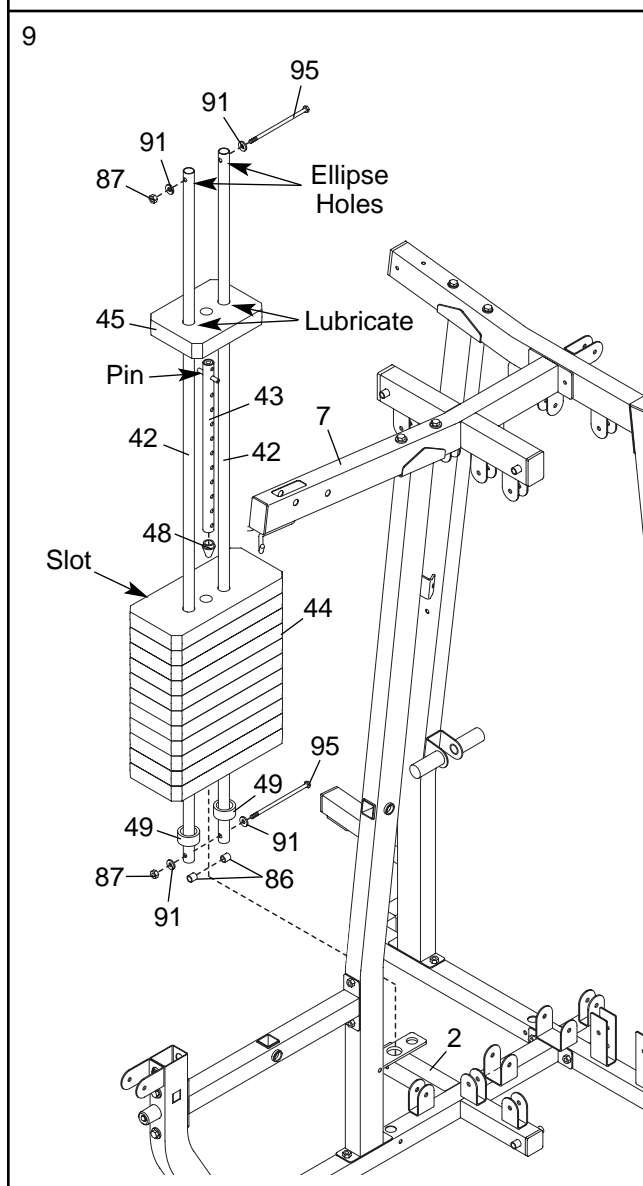
- Orient the Right Weight Guides (42) with the ellipse holes on top. Slide the Weight Guides into the bracket on the Short Base (2). Attach the Guides to the Base with an M10 x 155mm Bolt (95), two 19mm Spacers (86), two M10 Washers (91), and an M10 Nylon Locknut (87).

Slide two Weight Bumpers (49) onto the Right Weight Guides (42). Slide eleven Weights (44) onto the Guides. **Make sure the slots for the Weight Pin (not shown) are on the indicated side and on the bottom of the Weight.**

Press a Weight Tube Bumper (48) into the Long Weight Tube (43). Insert the Tube into the stack of Weights (44) as shown.

Lubricate the indicated holes in a Top Weight (45) with grease. Slide the Top Weight onto the Right Weight Guides (42). **Make sure the groove for the pin on the Long Weight Tube (43) is on the bottom.**

Attach the Right Weight Guides (42) to the Butterfly Top Frame (7) with an M10 x 155mm Bolt (95), two M10 Washers (91), and an M10 Nylon Locknut (87). **Do not tighten the Locknuts yet.**



10. Attach the Left Weight Guides (64) to the Short Base (2) with an M10 x 155mm Bolt (95), two M10 Washers (91), and an M10 Nylon Locknut (87).

Slide two Weight Bumpers (49) onto the Left Weight Guides (64). Slide the Bottom Weight (1) onto the Guides. **Make sure the Weight Plate (138, not shown) is on the bottom of the Bottom Weight.**

Slide six Weights (44) onto the Weight Guides (64). **Make sure the slots for the Weight Pin (not shown) are on the indicated side and on the bottom of the Weight.**

Press a Weight Tube Bumper (48) into the Short Weight Tube (122). Insert the Tube into the stack of Weights (44) as shown.

Lubricate the indicated holes in the other Top Weight (45) with grease. Slide the Top Weight onto the Left Weight Guides (64). **Make sure the groove for the pin on the Short Weight Tube (122) is on the bottom.**

**Have a second person hold the Left Weight Guides (64) until they are secured in step 11.**

11. Attach the Left Weight Guides (64) to the Butterfly Top Frame (7) with an M10 x 155mm Bolt (95), two M10 Washers (91), and an M10 Nylon Locknut (87).

**Tighten all of the M8 and M10 Nylon Locknuts (71, 87) used in steps 1–11.**

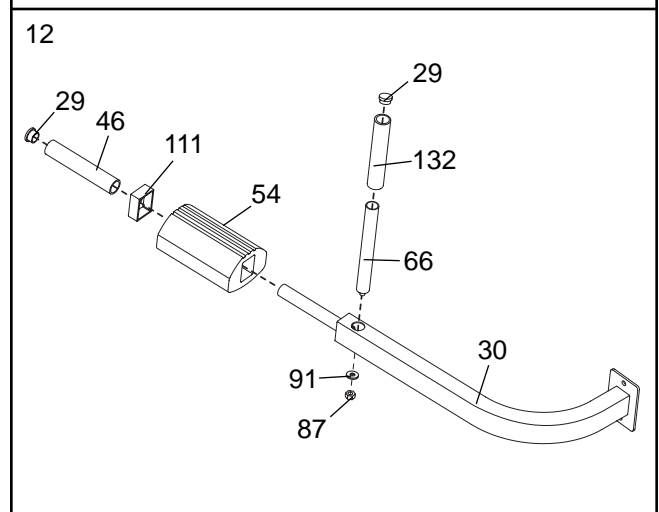
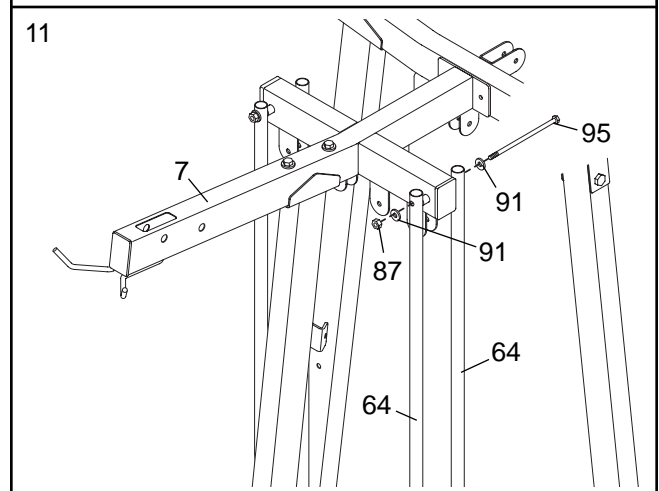
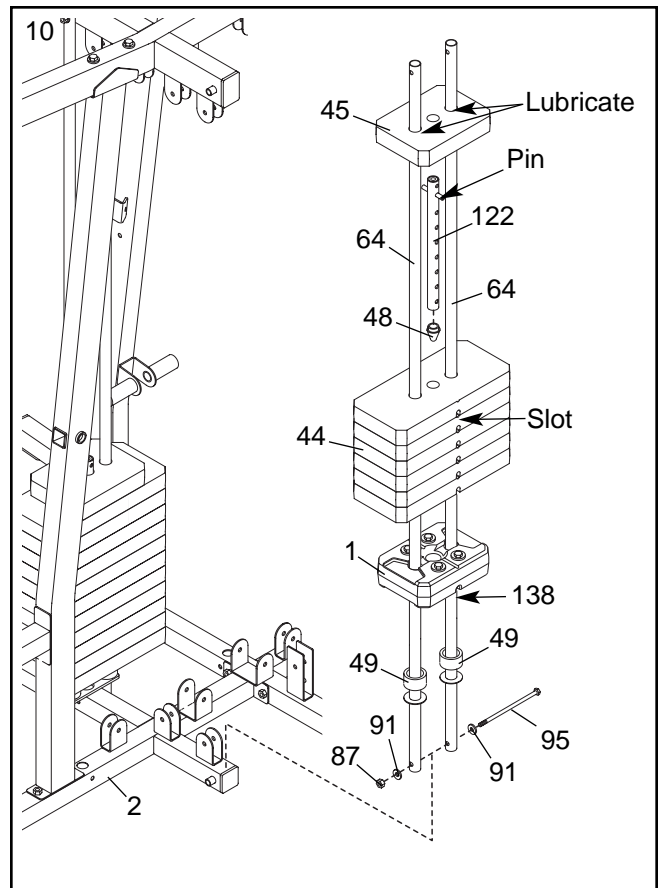
## Arm Assembly

12. Open the two parts bags labeled “ARM ASSEMBLY 1” and “ARM ASSEMBLY 2.”

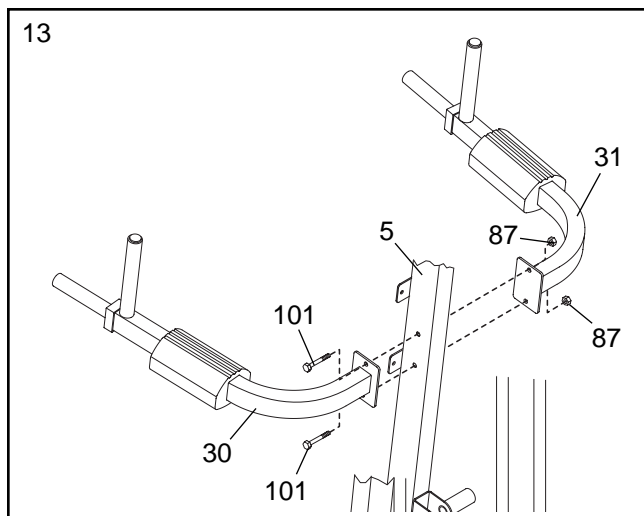
Wet the Left VKR Arm (30) with soapy water. Slide a Long Pad (54) onto the VKR Arm. Attach a VKR Handle (66) to the VKR Arm with an M10 Washer (91) and an M10 Nylon Locknut (87). Slide an Inner Cap w/Hole (111) onto the end of the Arm.

Wet the VKR Handle (66) and the handle welded to the Left VKR Arm (30) with soapy water. Slide a 167mm Handgrip (132) onto the VKR Handle. Slide a 165mm Handgrip (46) onto the handle welded to the VKR Arm.

Press two 25mm Round Inner Caps (29) into the VKR Handle (66) and the handle welded to the Left VKR Arm (30). **Repeat this step with the Right VKR Arm (not shown).**

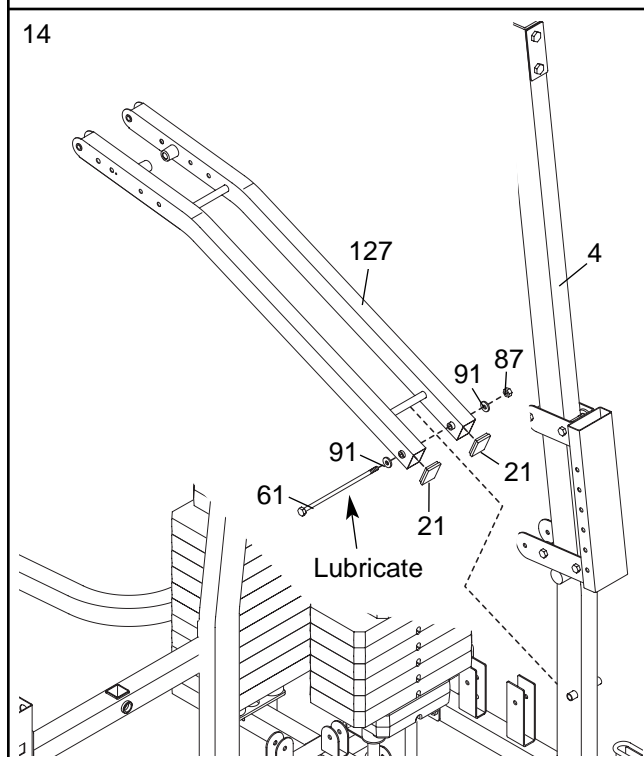


13. Attach the Left and Right VKR Arms (30, 31) to the VKR Upright (5) with two M10 x 75mm Bolts (101) and two M10 Nylon Locknuts (87).

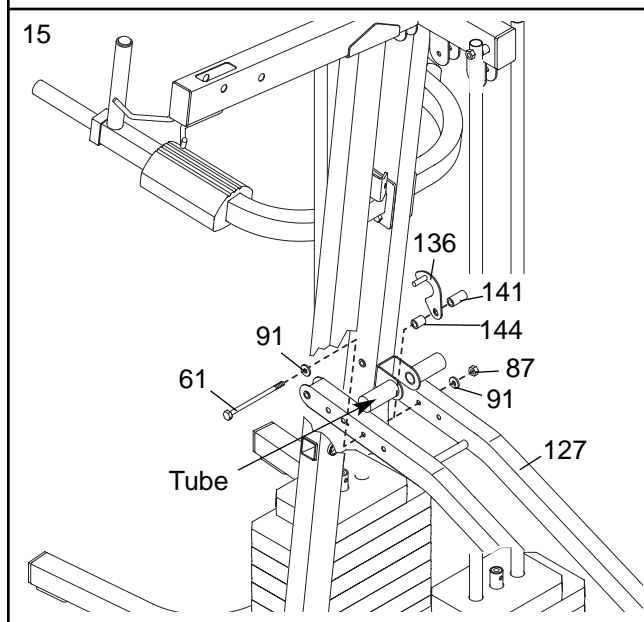


14. Press two 40mm x 50mm Inner Caps (21) into the Dip Assist Frame (127).

Lubricate an M10 x 207mm Bolt (61) with grease. Attach the Dip Assist Frame (127) to the Squat Upright (4) with the Bolt, two M10 Washers (91), and an M10 Nylon Locknut (87). **Do not over tighten the Locknut; the Dip Assist Frame must be able to pivot easily.**



15. Attach a 22mm Spacer (144), the Dip Lock Lever (136), and a 40mm Spacer (141) to the indicated hole in the Dip Assist Frame (127) with an M10 x 207mm Bolt (61), two M10 Washers (91), and an M10 Nylon Locknut (87). Rotate the Lock Lever so that it engages the tube on the VKR Upright (5). **Do not fully tighten the Locknut yet.**

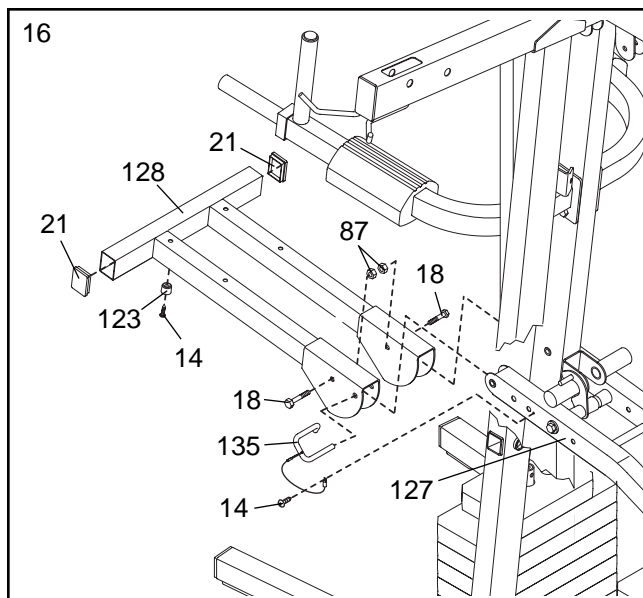


16. Press two 40mm x 50mm Inner Caps (21) into the Dip Assist Arm (128). Attach a Knee Rest Bumper (123) to the Dip Assist Arm with an M4 x 20mm Self-tapping Screw (14).

Attach the Dip Assist Arm (128) to the Dip Assist Frame (127) with two M10 x 65mm Bolts (18) and two M10 Nylon Locknuts (87). **Do not overtighten the Locknuts; the Dip Assist Arm must be able to pivot easily.**

Insert the Dip Pin (135) into the Dip Assist Arm (128), and rotate the Pin so that it is wrapped over the Dip Assist Arm.

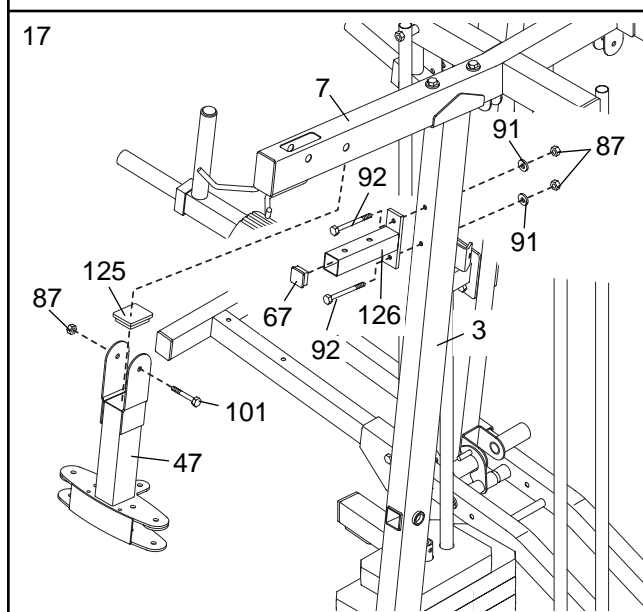
Attach the tether on the Dip Pin (135) to the Dip Assist Frame (127) with an M4 x 20mm Self-tapping Screw (14).



17. Press a 38mm Square Inner Cap (67) into the Butterfly Upright Extension (126). Attach the Extension to the Butterfly Upright (3) with two M10 x 95mm Bolts (92), two M10 Washers (91), and two M10 Nylon Locknuts (87). **Make sure the decals on the Extension are right-side up.**

Press a 50mm x 70mm Inner Cap (125) into the Butterfly Frame (47).

Lubricate an M10 x 75mm Bolt (101) with grease. Attach the Butterfly Frame (47) to the Butterfly Top Frame (7) with the Bolt and an M10 Nylon Locknut (87). **Do not overtighten the Locknut; the Butterfly Frame must be able to pivot easily.**

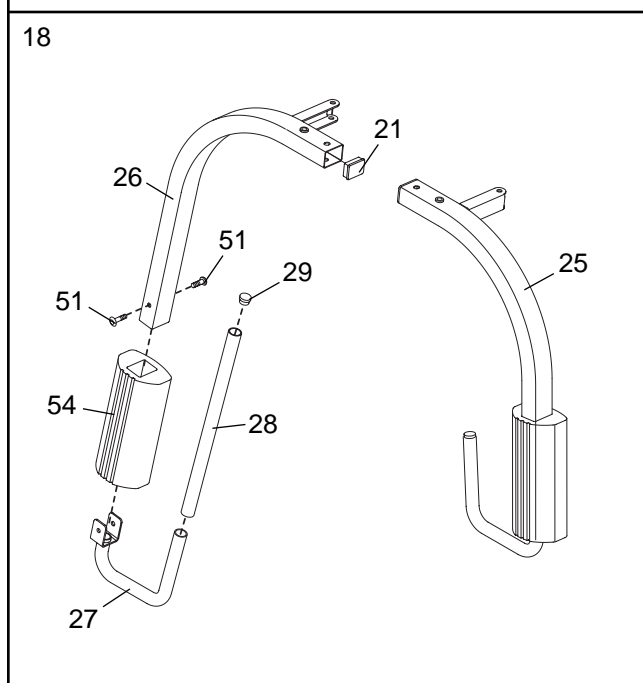


18. Press a 40mm x 50mm Inner Cap (21) into the Right Butterfly Arm (26). Wet the lower end of the Arm with soapy water. Slide a Long Pad (54) onto the Arm.

Attach a Press Handle (27) to the Right Butterfly Arm (26) with two M8 x 20mm Button Head Screws (51). Slide the Long Pad (54) down so that the bottom is flush with the lower end of the Arm.

Press a 25mm Round Inner Cap (29) into the Press Handle (27). Wet the Press Handle with soapy water. Slide a Long Handgrip (28) onto it.

**Repeat this step with the Left Butterfly Arm (25).**



19. Attach the tethers on the two “L”-pins w/Tethers (60) to the Butterfly Frame (47) with an M4 x 20mm Self-tapping Screw (14).

Lubricate an M10 x 80mm Button Head Bolt (104) and both sides of two Plastic Washers (56) with grease. Attach the Right Butterfly Arm (26) to the Butterfly Frame (47) with the Bolt, the two Plastic Washers (56), two Butterfly Caps (57), two M10 Washers (91), and an M10 Nylon Locknut (87) as shown. **Make sure that the recessed sides of the Plastic Washers are fitted over the welded bushing in the Butterfly Arm. Do not overtighten the Nylon Locknut; the Butterfly Arm must be able to pivot easily.**

**Repeat this step with the Left Butterfly Arm (25).**

20. Press two 40mm x 50mm Inner Caps (21) into the Pull-up Frame (130). Wet the handles on the Frame with soapy water. Slide four 225mm Handgrips (133) on the handles.

Attach the Pull-up Frame (130) to the Top Frame (6) with an M10 x 95mm Bolt (92), an M10 x 75mm Bolt (101), an M10 Thick Washer (143), and two M10 Nylon Locknuts (87).

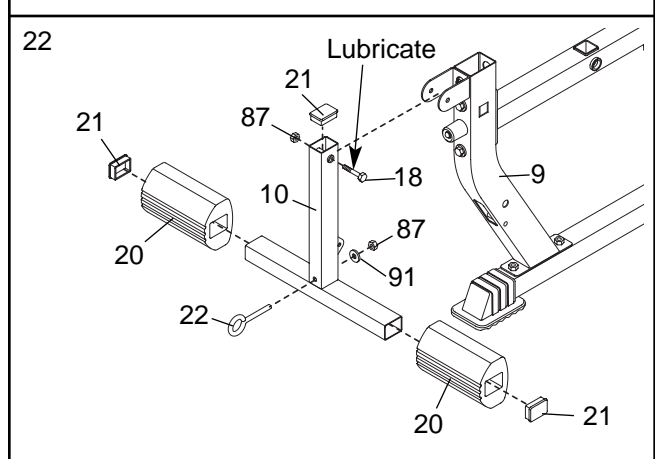
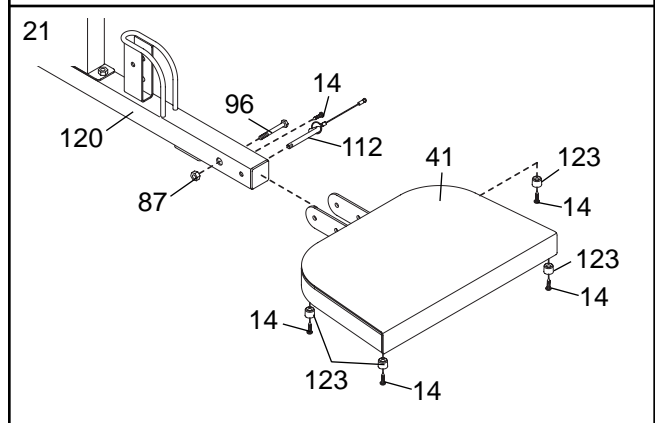
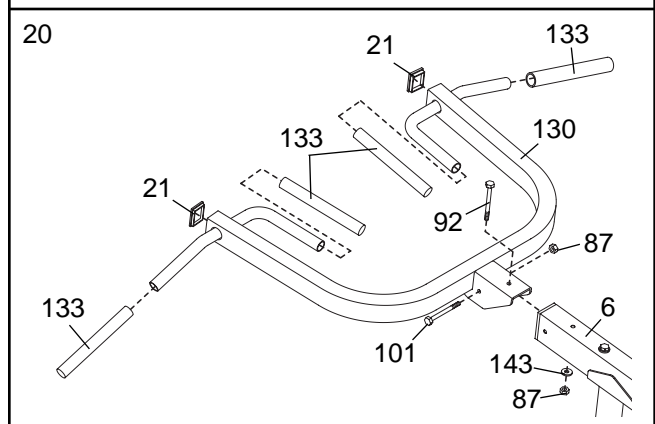
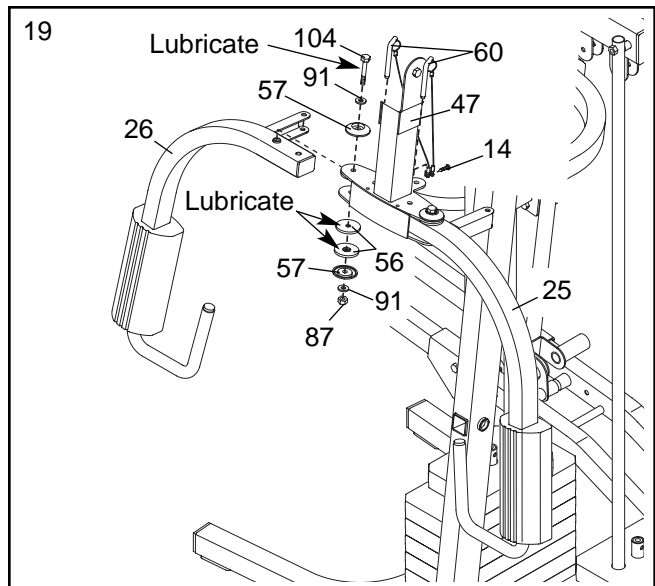
21. Attach the tether on the Pin w/Tether (112) to the Long Base (120) with an M4 x 20mm Self-tapping Screw (14).

Attach the four Knee Rest Bumpers (123) to the Squat Knee Rest (41) with four M4 x 20mm Self-tapping Screws (14).

Attach the Squat Knee Rest (41) to the Long Base (120) with an M10 x 85mm Bolt (96) and an M10 Nylon Locknut (87). **Do not overtighten the Locknut; the Squat Knee Rest must be able to pivot easily.**

22. Press three 40mm x 50mm Inner Caps (21) into the Leg Lever (10). Attach the Eyebolt (22) as shown with an M10 Washer (91) and an M10 Nylon Locknut (87). Slide two Short Pads (20) onto the Leg Lever.

Lubricate an M10 x 65mm Bolt (18) with grease. Turn the Leg Lever (10) so that the welded tab is on the indicated side, and attach the Leg Lever to the Seat Leg (9) with the Bolt and an M10 Nylon Locknut (87). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



# Cable Assembly

23. **IMPORTANT: Refer to the CABLE DIAGRAMS on page 32 for help identifying the cables. Do not overtighten the bolts and nuts attaching the pulleys; the pulleys must be able to turn freely.**

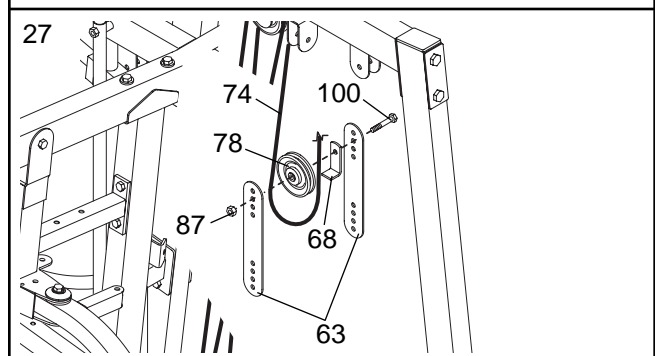
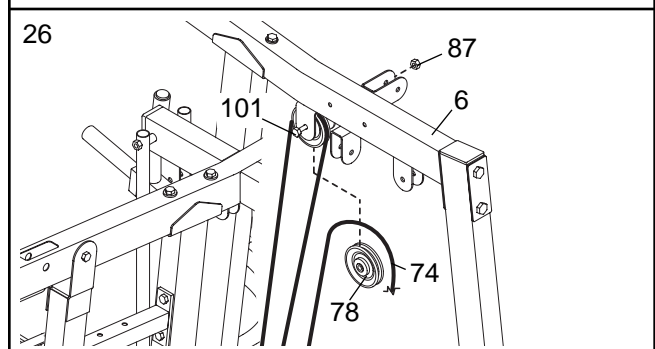
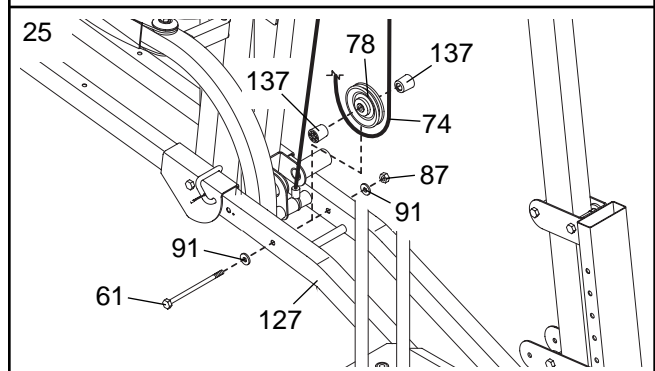
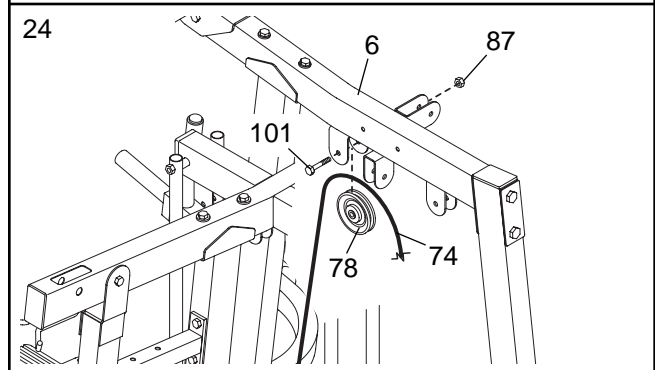
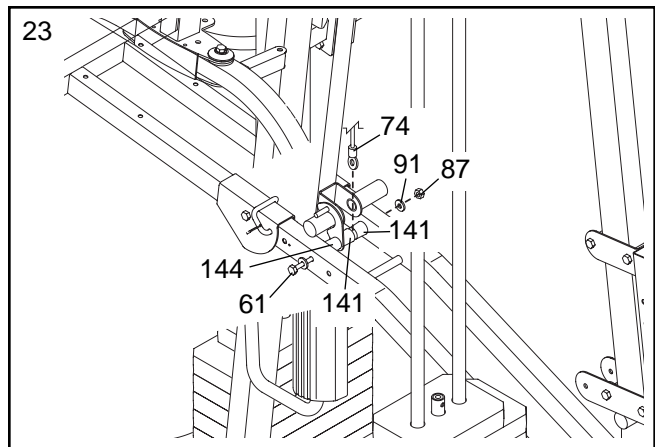
Open the parts bag labeled “CABLE ASSEMBLY.”

**Locate the Dip Cable (74).** Remove the M10 Washer (91) and the M10 Nylon Locknut (87) from the indicated M10 x 207mm Bolt (61). Slide the Bolt through the eyelet on the Cable and a 40mm Spacer (141). Re-attach the Washer and Locknut. **Make sure the 22mm Spacer (144) and the other 40mm Spacer remain on the Bolt as shown.**

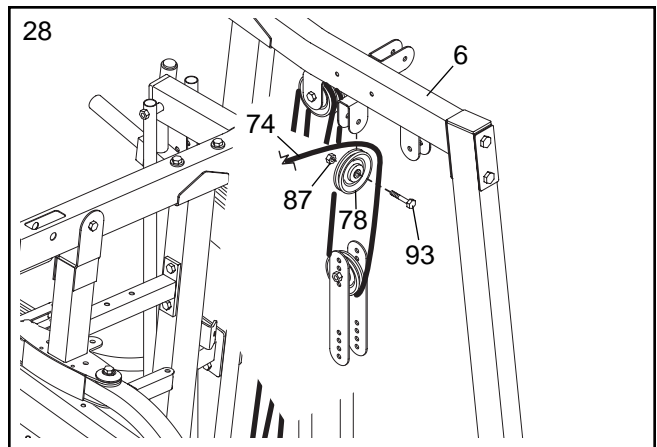
24. Wrap the Dip Cable (74) over a 90mm Pulley (78). Attach the Pulley to the Top Frame (6) with an M10 x 75mm Bolt (101) and an M10 Nylon Locknut (87). **Do not fully tighten the Locknut yet.**
25. Wrap the Dip Cable (74) under a 90mm Pulley (78). Attach the Pulley and two 42.5mm Spacers (137) to the Dip Assist Frame (127) with an M10 x 207mm Bolt (61), two M10 Washers (91), and an M10 Nylon Locknut (87).

26. Wrap the Dip Cable (74) over a 90mm Pulley (78). Attach the Pulley to the Top Frame (6) with the M10 x 75mm Bolt (101) and an M10 Nylon Locknut (87) used in step 24.

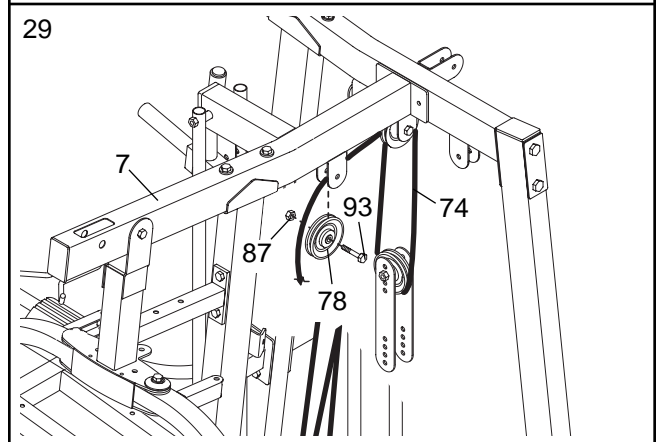
27. Wrap the Dip Cable (74) under a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) between the second set of holes from the top of the Pulley Plates (63) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in place.**



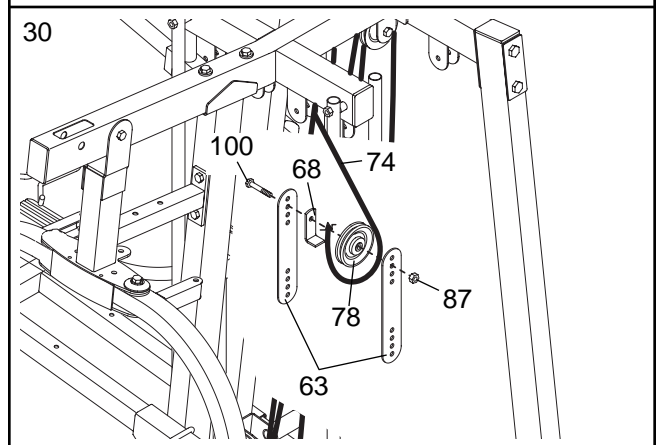
28. Wrap the Dip Cable (74) over a 90mm Pulley (78). Attach the Pulley to the Top Frame (6) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



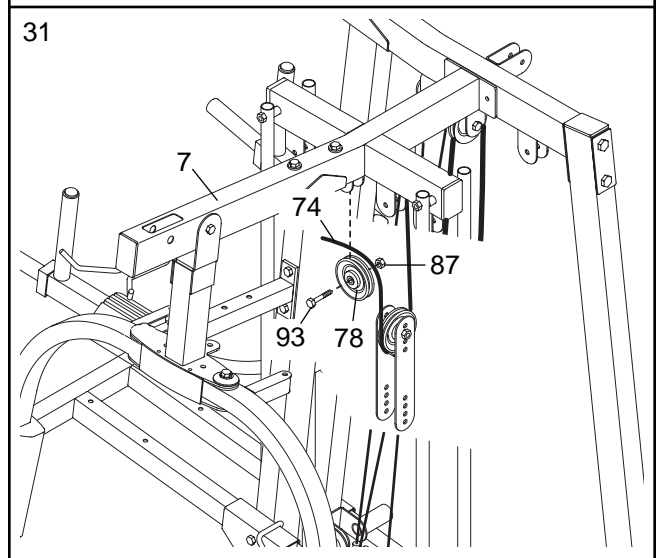
29. Wrap the Dip Cable (74) over a 90mm Pulley (78). Attach the Pulley to the Butterfly Top Frame (7) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



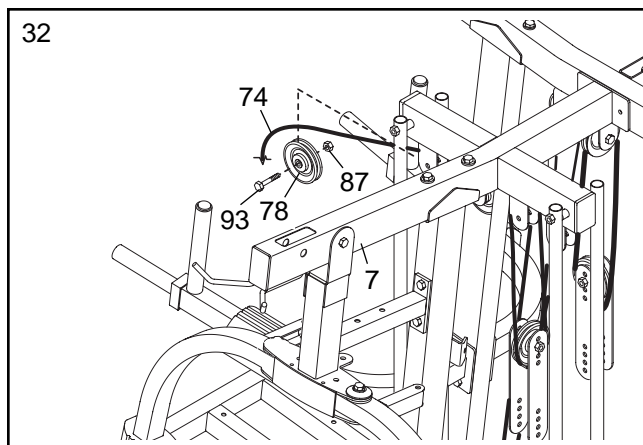
30. Wrap the Dip Cable (74) under a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) between the second set of holes from the top of the Pulley Plates (63) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in place.**



31. Wrap the Dip Cable (74) over a 90mm Pulley (78). Attach the Pulley to the first bracket on the right side of the Butterfly Top Frame (7) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).

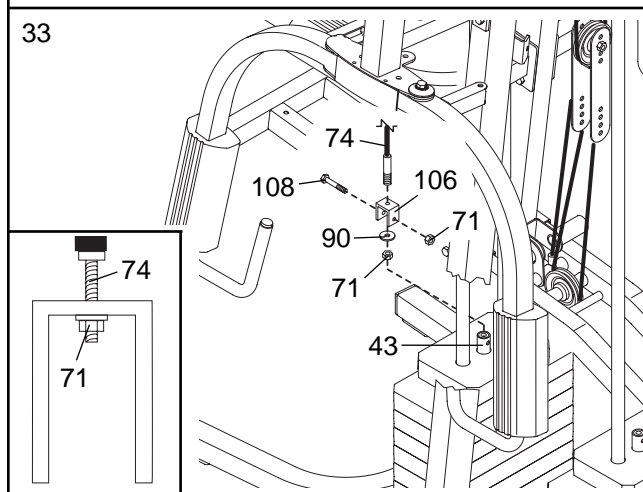


32. Wrap the Dip Cable (74) over a 90mm Pulley (78). Attach the Pulley to the second bracket on the right side of the Butterfly Top Frame (7) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).

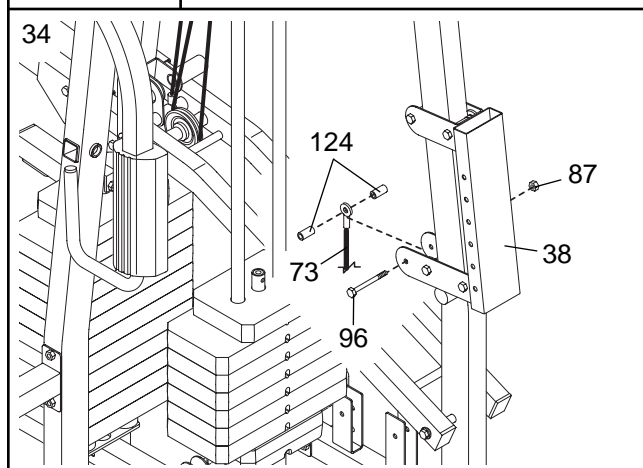


33. Attach the Dip Cable (74) to a Small "U"-bracket (106) with an M8 Washer (90) and an M8 Nylon Locknut (71). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

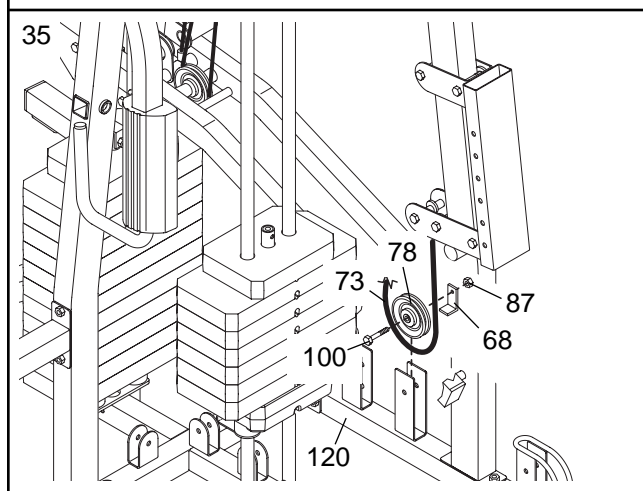
Attach the Small "U"-bracket (106) to the Long Weight Tube (43) with an M8 x 45mm Bolt (108) and an M8 Nylon Locknut (71). **Do not overtighten the Locknut; the Weight Tube must be able to pivot in the "U"-bracket.**



34. **Locate the Squat Cable (73).** Attach the Cable and two 30mm Spacers (124) between the brackets on the Squat Slider (38) with an M10 x 85mm Bolt (96) and an M10 Nylon Locknut (87). **Do not overtighten the Locknut; the Rollers (not shown) in the Squat Slider must be able to roll easily.**

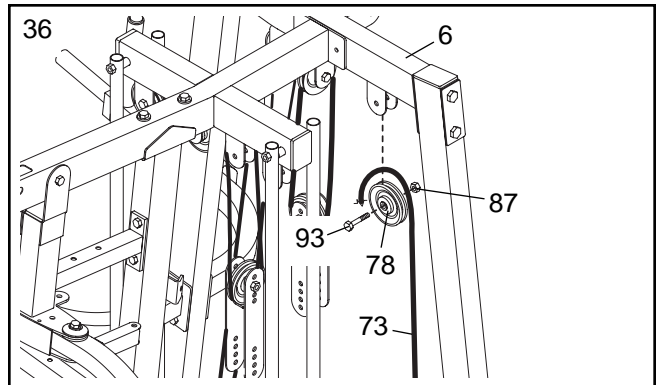


35. Wrap the Squat Cable (73) under a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) to the indicated bracket on the Long Base (120) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

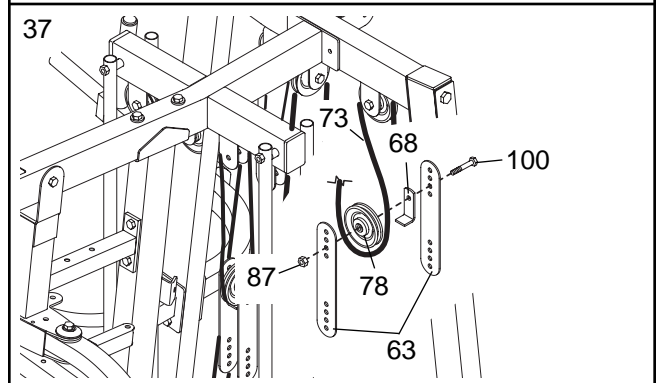




36. Wrap the Squat Cable (73) over a 90mm Pulley (78). Attach the Pulley to the Top Frame (6) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).

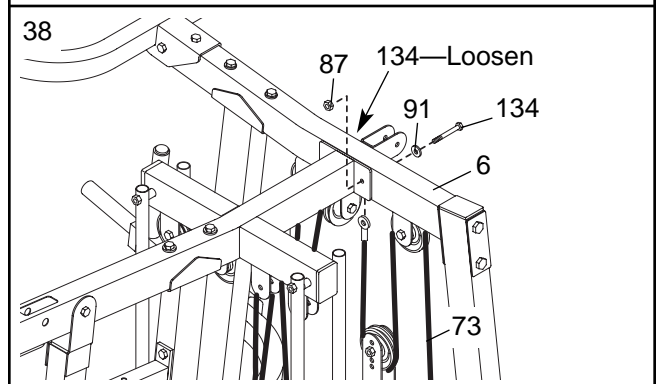


37. Wrap the Squat Cable (73) under a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) between the second set of holes from the top of the Pulley Plates (63) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in place.**



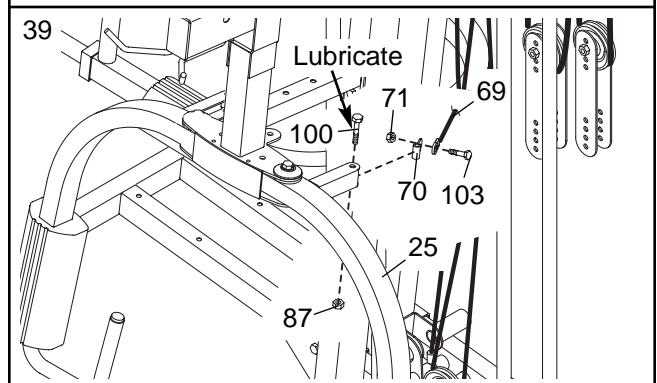
38. Attach the Squat Cable (73) inside the Top Frame (6) with an M10 x 70mm Bolt (134), an M10 Washer (91), and an M10 Nylon Locknut (87).

**Note: It may be necessary to loosen the other M10 x 70mm Bolt (134) to complete this step. Retighten the Bolt when finished.**

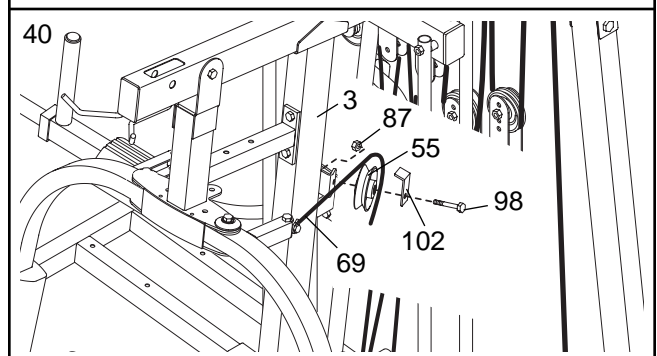


39. Lubricate an M10 x 50mm Bolt (100) with grease. Attach a Pivot Bracket (70) to the Left Butterfly Arm (25) with the Bolt and an M10 Nylon Locknut (87). **Do not overtighten the Locknut; the Pivot Bracket must be able to pivot easily.**

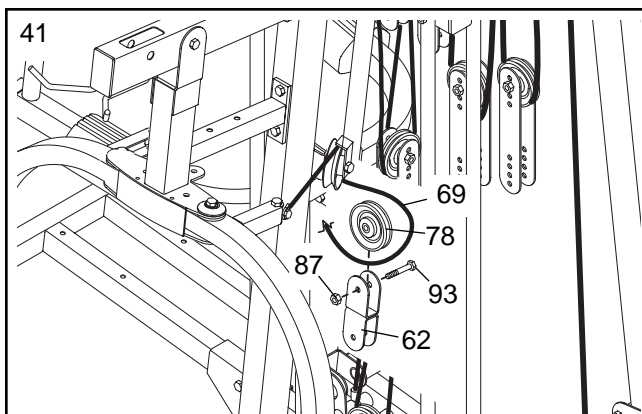
**Locate the Butterfly Cable (69).** Attach the Cable to the Pivot Bracket (70) with an M8 x 20mm Shoulder Bolt (103) and an M8 Nylon Locknut (71). **Do not overtighten the Locknut; the Cable must be able to pivot easily.**



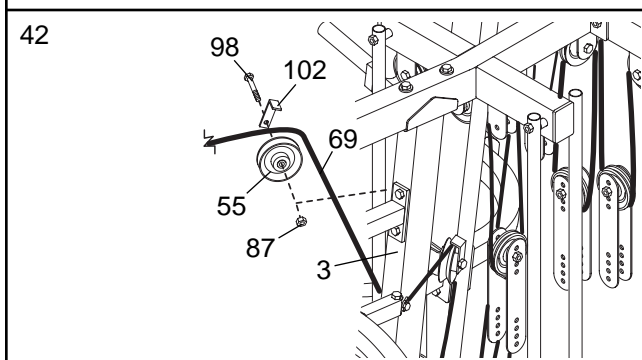
40. Wrap the Butterfly Cable (69) over a "V"-pulley (55). Attach the "V"-pulley and a Long Cable Trap (102) to the Butterfly Upright (3) with an M10 x 57mm Bolt (98) and an M10 Nylon Locknut (87). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



41. Wrap the Butterfly Cable (69) under a 90mm Pulley (78). Attach the Pulley to the Double “U”-bracket (62) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).

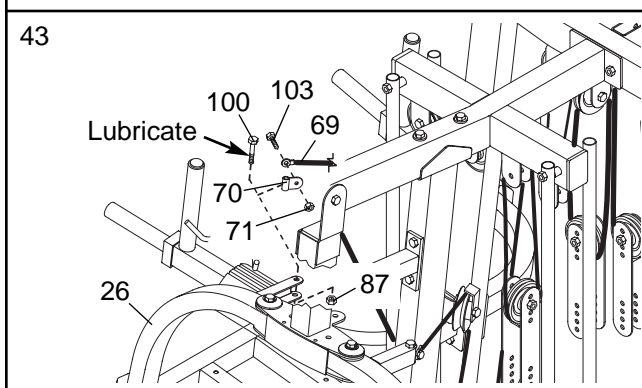


42. Wrap the Butterfly Cable (69) over a “V”-pulley (55). Attach the “V”-pulley and a Long Cable Trap (102) to the Butterfly Upright (3) with an M10 x 57mm Bolt (98) and an M10 Nylon Locknut (87). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

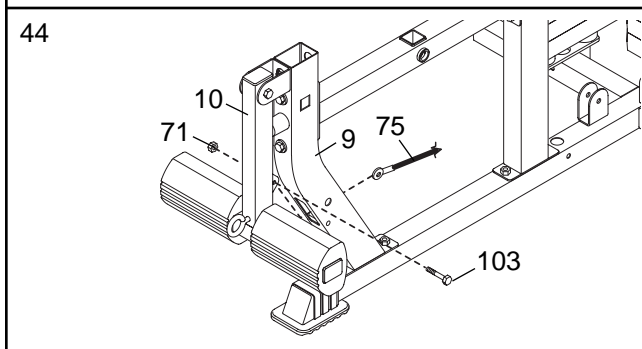


43. Lubricate an M10 x 50mm Bolt (100) with grease. Attach a Pivot Bracket (70) to the Right Butterfly Arm (26) with the Bolt and an M10 Nylon Locknut (87). **Do not overtighten the Locknut; the Pivot Bracket must be able to pivot easily.**

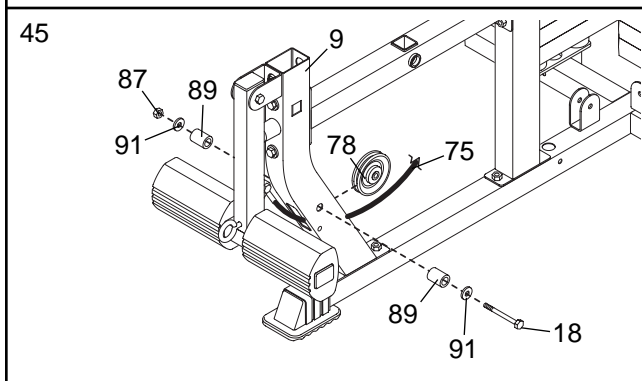
Attach the Butterfly Cable (69) to the Pivot Bracket (70) with an M8 x 20mm Shoulder Bolt (103) and an M8 Nylon Locknut (71). **Do not overtighten the Locknut; the Cable must be able to pivot easily.**



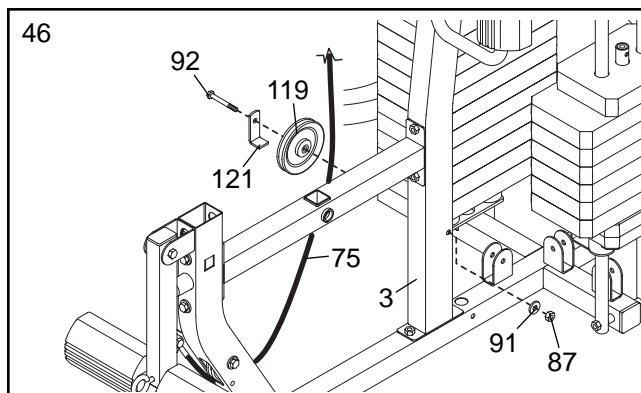
44. **Locate the Leg Lever Cable (75).** Route the eyelet end of the Cable through the Seat Leg (9) and attach it to the tab on the Leg Lever (10) with an M8 x 20mm Shoulder Bolt (103) and an M8 Nylon Locknut (71). **Do not overtighten the Locknut; the Cable must be able to pivot easily.**



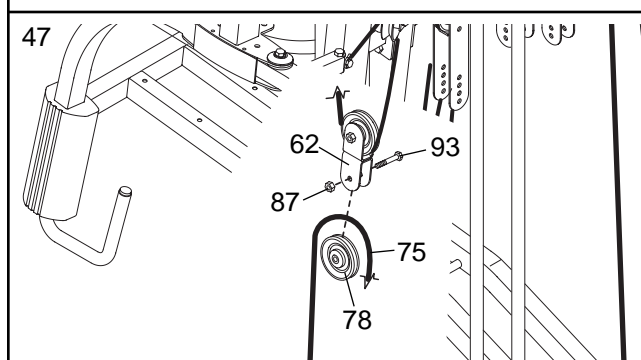
45. Attach a 90mm Pulley (78) inside of the Seat Leg (9) with an M10 x 65mm Bolt (18), two M10 Washers (91), two 12.5mm Spacers (89), and an M10 Nylon Locknut (87). **Make sure the Pulley is above the Leg Lever Cable (75).**



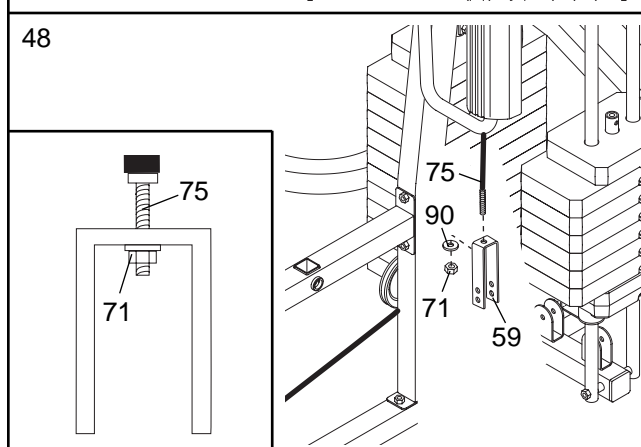
46. Route the Leg Lever Cable (75) under a 115mm Pulley (119). Attach the Pulley and a Large Cable Trap (121) to the indicated side of the Butterfly Upright (3) with an M10 x 95mm Bolt (92), an M10 Washer (91), and an M10 Nylon Locknut (87). **Make sure that the Large Cable Trap is turned to hold the Cable in the groove of the Pulley.**



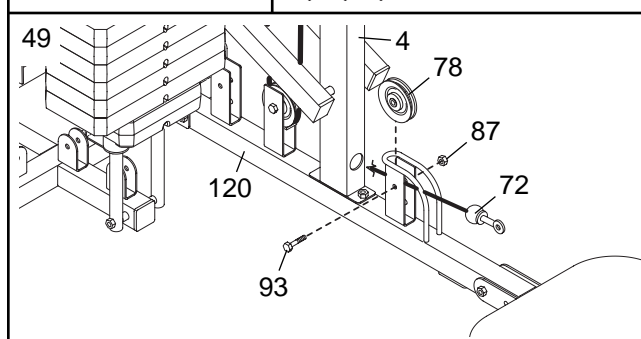
47. Wrap the Leg Lever Cable (75) over a 90mm Pulley (78). Attach the Pulley to the Double "U"-bracket (62) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



48. Attach the end of the Leg Lever Cable (75) to the "U"-bracket (59) with an M8 Washer (90) and an M8 Nylon Locknut (71). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

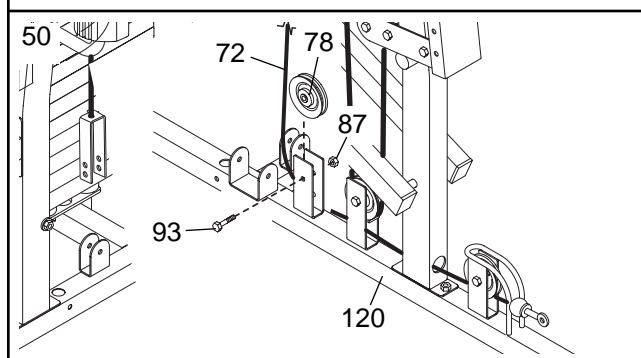


49. **Locate the Squat Low Cable (72).** Route the threaded end of the Cable through the cage on the Long Base (120) and hole in the Squat Upright (4).

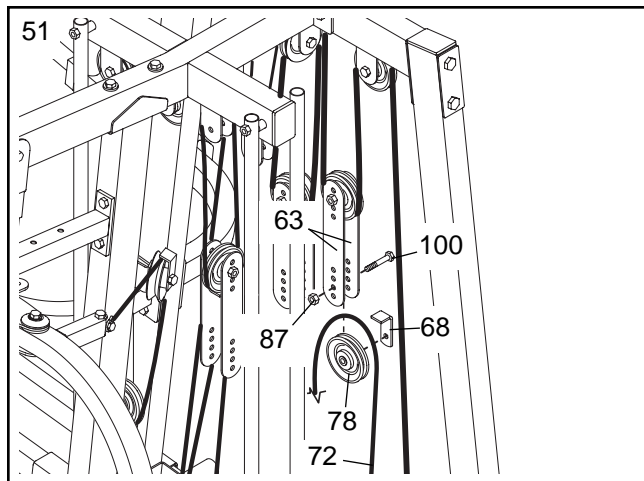


Attach a 90mm Pulley (78) inside the bracket on the Long Base (120) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87). **Make sure the Pulley is over the Squat Low Cable (72).**

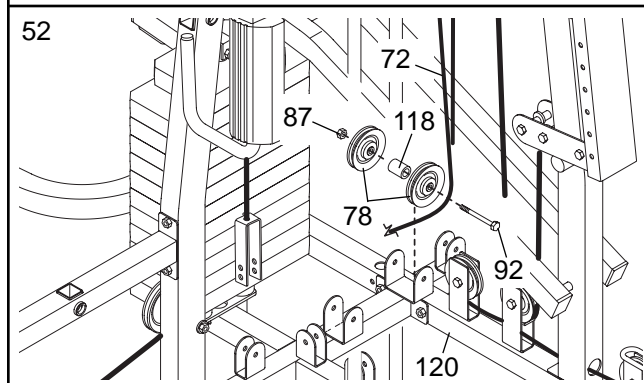
50. Route the Squat Low Cable (72) through the indicated bracket on the Long Base (120) and under a 90mm Pulley (78). Attach the Pulley to the Long Base with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



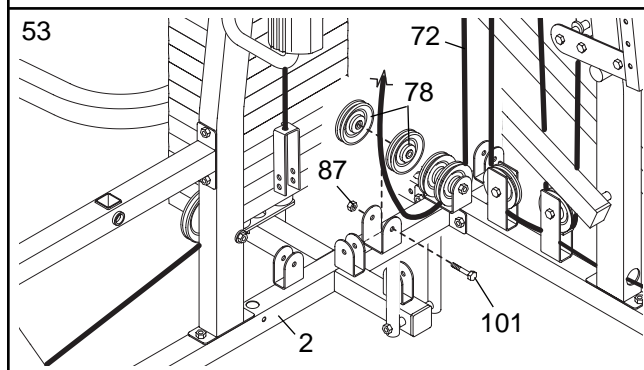
51. Wrap the Squat Low Cable (72) over a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) between the second set of holes from the bottom of the indicated pair of Pulley Plates (63) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



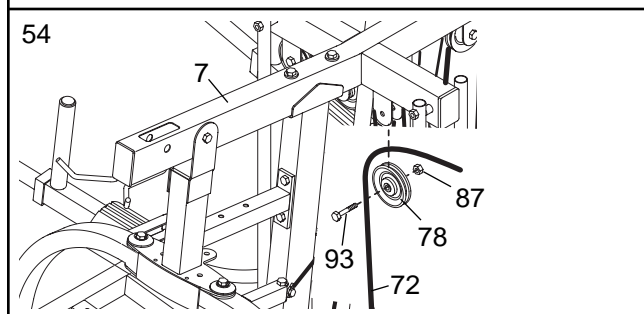
52. Wrap the Squat Low Cable (72) under a 90mm Pulley (78). Attach the Pulley, a 25mm Spacer (118), and another 90mm Pulley (78) to the indicated bracket on the Long Base (120) with an M10 x 95mm Bolt (92) and an M10 Nylon Locknut (87). **Make sure the Cable is under the indicated Pulley.**



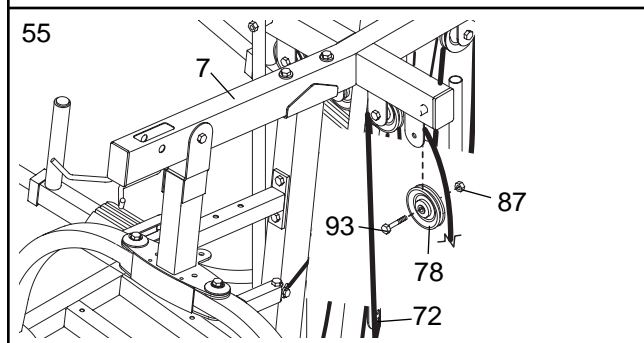
53. Wrap the Squat Low Cable (72) under a 90mm Pulley (78). Attach the Pulley and another 90mm Pulley (78) to the indicated bracket on the Short Base (2) with an M10 x 75mm Bolt (101) and an M10 Nylon Locknut (87). **Make sure the Cable is under the indicated Pulley.**



54. Wrap the Squat Low Cable (72) over a 90mm Pulley (78). Attach the Pulley to the first bracket on the left side of the Butterfly Top Frame (7) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).

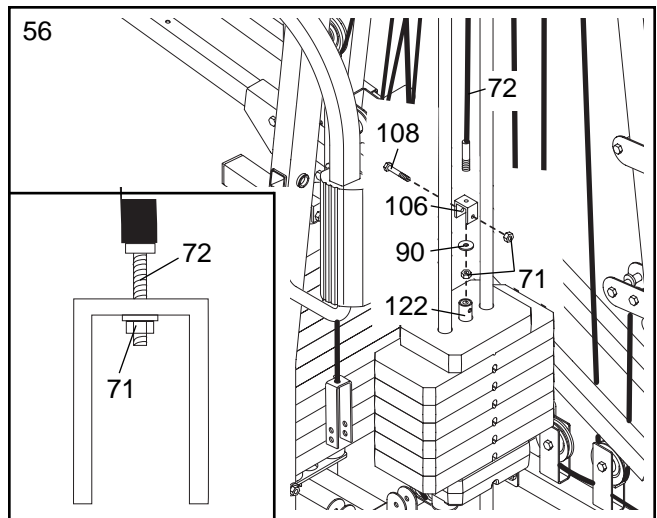


55. Wrap the Squat Low Cable (72) over a 90mm Pulley (78). Attach the Pulley to the second bracket on the left side of the Butterfly Top Frame (7) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).

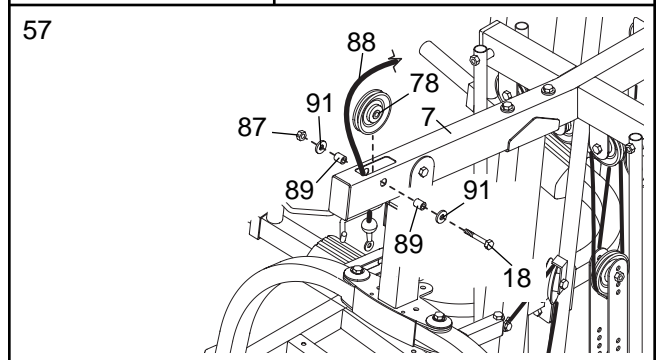


56. Attach the Squat Low Cable (72) to the other Small "U"-bracket (106) with an M8 Washer (90) and an M8 Nylon Locknut (71). **Do not completely tighten the Locknut; it should be tightened so that only two threads of the Cable show past the Locknut, as shown in the inset drawing.**

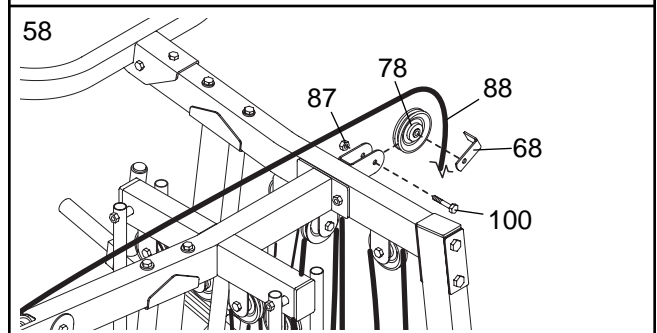
Attach the Small "U"-bracket (106) to the Short Weight Tube (122) with an M8 x 45mm Bolt (108) and an M8 Nylon Locknut (71). **Do not overtighten the Locknut; the Weight Tube must be able to pivot in the "U"-bracket.**



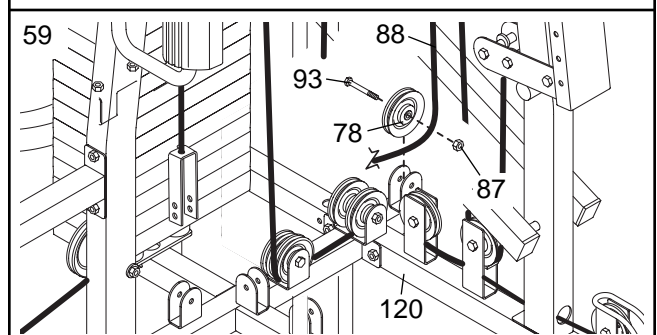
57. **Locate the Lat Cable (88).** Route the Cable up through the Butterfly Top Frame (7) and over a 90mm Pulley (78). Attach the Pulley inside the Butterfly Top Frame with an M10 x 65mm Bolt (18), two M10 Washers (91), two 12.5mm Spacers (89), and an M10 Nylon Locknut (87).



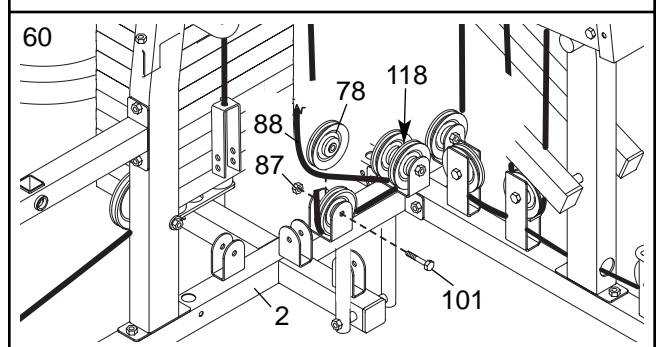
58. Wrap the Lat Cable (88) over a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) to the Top Frame (6) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



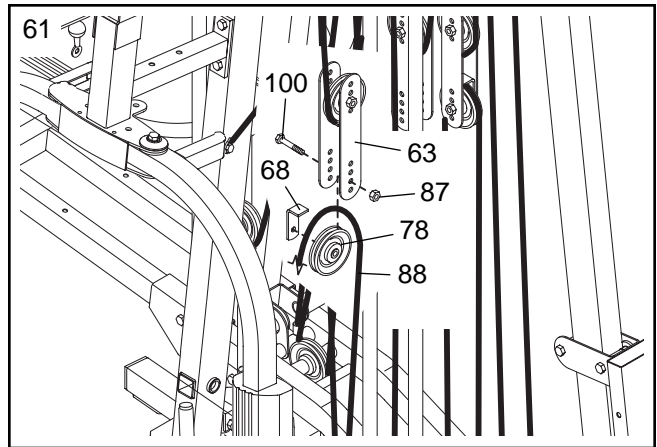
59. Wrap the Lat Cable (88) under a 90mm Pulley (78). Attach the Pulley to the Long Base (120) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



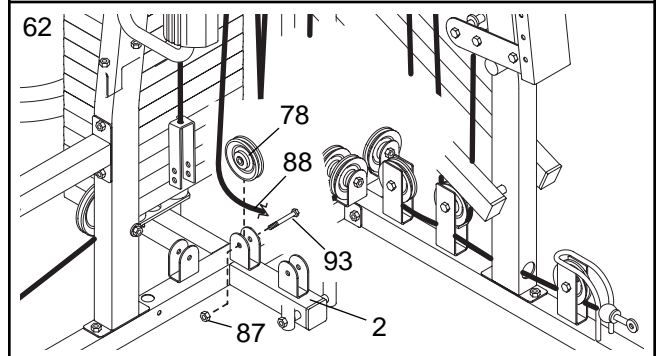
60. Remove the indicated 90mm Pulley (78) from the Short Base (2). Route the Lat Cable (88) under the 25mm Spacer (118) and under the Pulley. Reattach the Pulley to the Base with the M10 x 75mm Bolt (101) and an M10 Nylon Locknut (87).



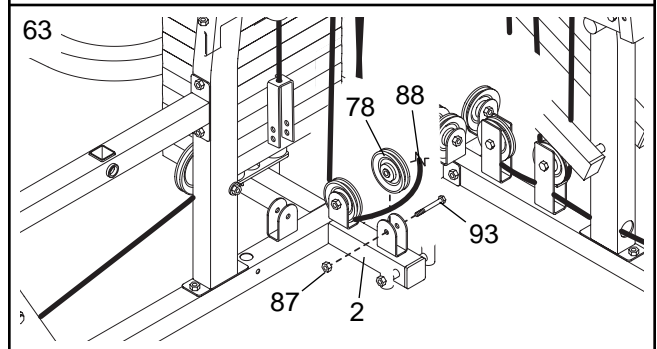
61. Wrap the Lat Cable (88) over a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) between the indicated pair of Pulley Plates (63) at the second set of holes from the bottom with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



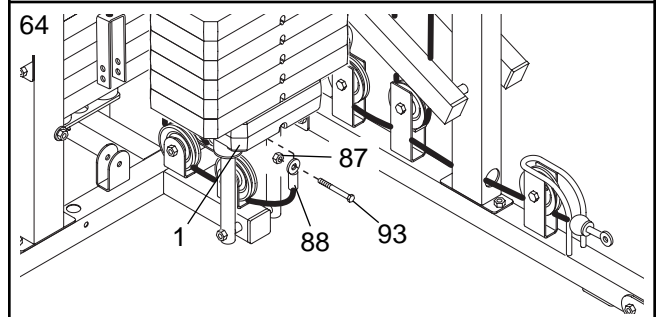
62. Wrap the Lat Cable (88) under a 90mm Pulley (78). Attach the Pulley to the indicated bracket on the Short Base (2) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



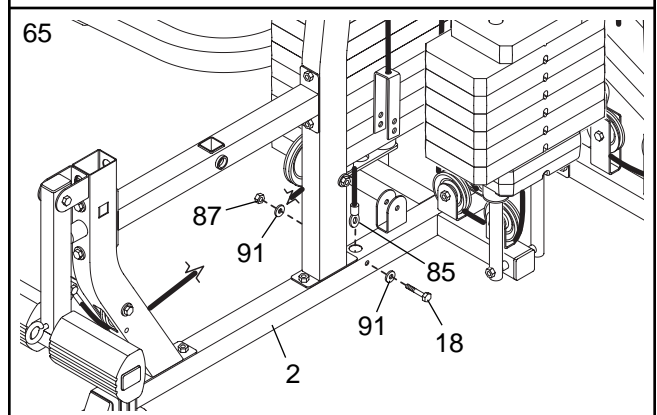
63. Wrap the Lat Cable (88) under a 90mm Pulley (78). Attach the Pulley to the indicated bracket on the Short Base (2) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



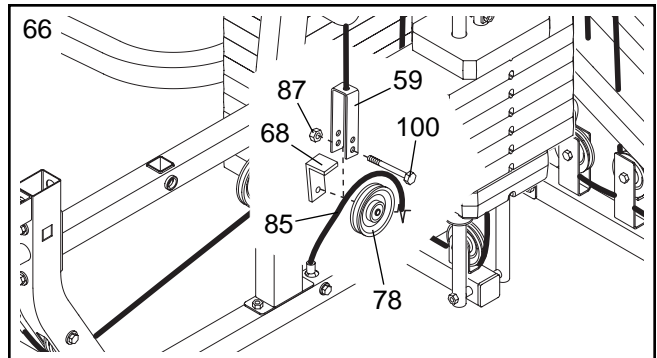
64. Attach the Lat Cable (88) to the Weight Plate (not shown) on the bottom of the Bottom Weight (1) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



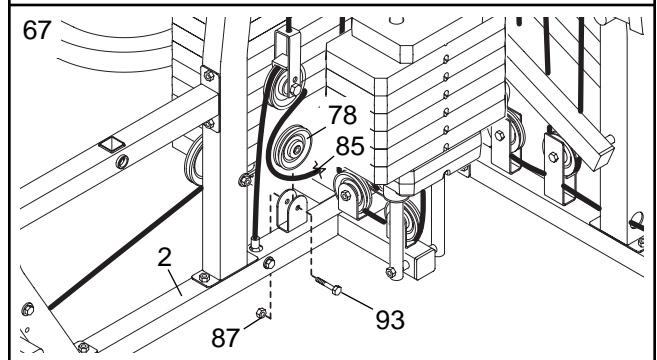
65. **Locate the Fly Cable (85).** Attach the Cable inside the Short Base (2) with an M10 x 65mm Bolt (18), two M10 Washers (91), and an M10 Nylon Locknut (87).



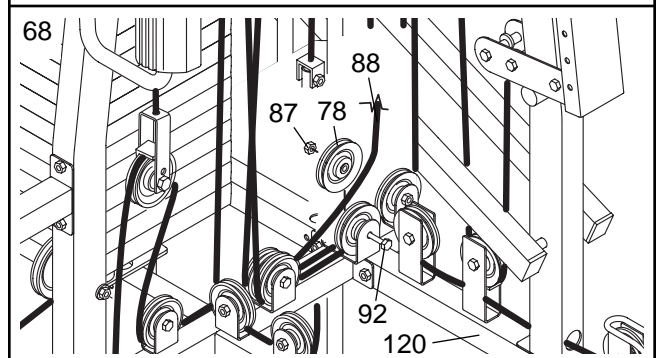
66. Wrap the Fly Cable (85) over a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) between the lower set of holes in the "U"-bracket (59) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



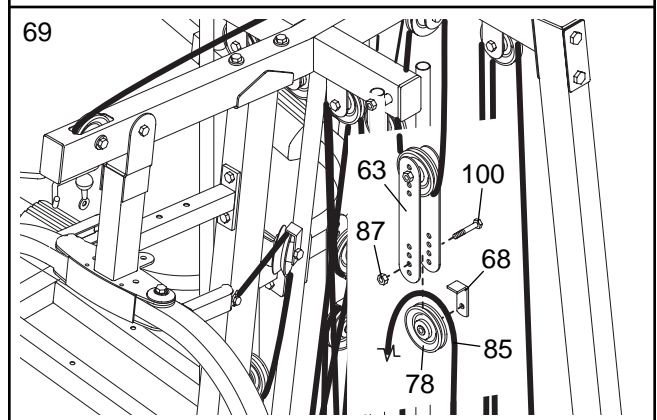
67. Wrap the Fly Cable (85) under a 90mm Pulley (78). Attach the Pulley to the indicated bracket on the Short Base (2) with an M10 x 45mm Bolt (93) and an M10 Nylon Locknut (87).



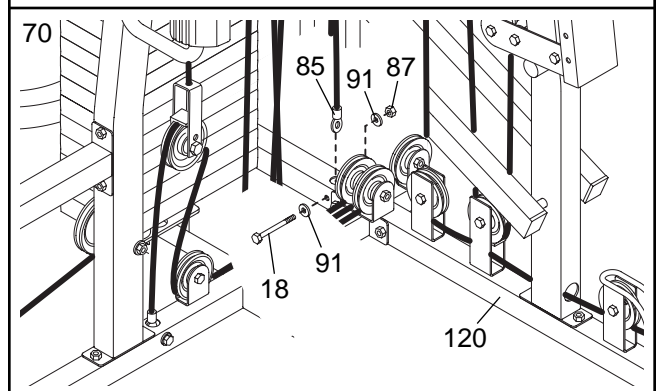
68. Remove the indicated 90mm Pulley (78) from the Long Base (120). Wrap the Lat Cable (88) under the Pulley. Reattach the Pulley to the Base with the M10 x 95mm Bolt (92) and the M10 Nylon Locknut (87).



69. Wrap the Fly Cable (85) over a 90mm Pulley (78). Attach the Pulley and a Cable Trap (68) between the second set of holes from the bottom of the indicated pair of Pulley Plates (63) with an M10 x 50mm Bolt (100) and an M10 Nylon Locknut (87). **Make sure that the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



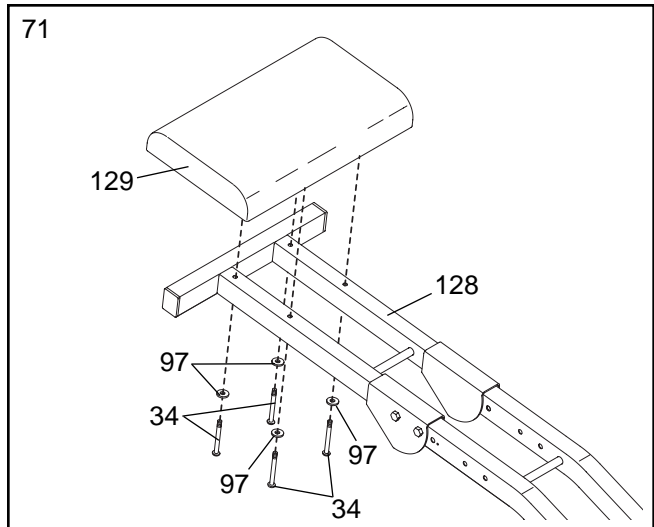
70. Attach the Fly Cable (85) inside the Long Base (120) with an M10 x 65mm Bolt (18), two M10 Washers (91), and an M10 Nylon Locknut (87).



# Seat Assembly

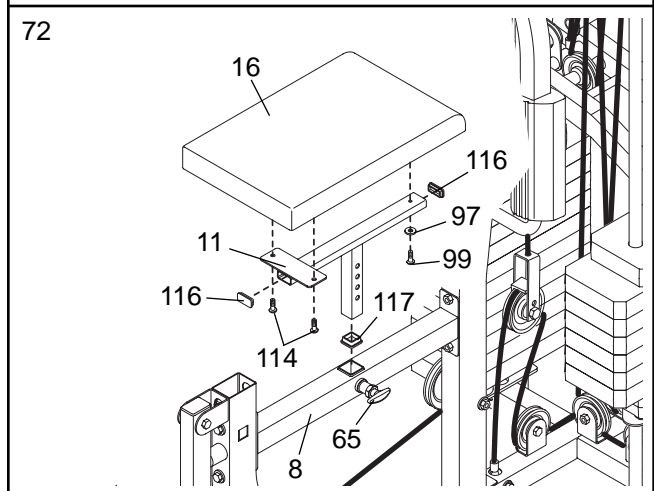
## 71. Locate and open the parts bag labeled "SEAT ASSEMBLY."

Attach the Dip Assist Pad (129) to the Dip Assist Arm (128) with four M6 x 63mm Bolts (34) and four M6 Washers (97). **Note: The Dip Assist Arm is shown removed for clarity.**



## 72. Press two 20mm x 40mm Inner Caps (116) and a 25mm x 40mm Inner Cap (117) into the Seat Bracket (11).

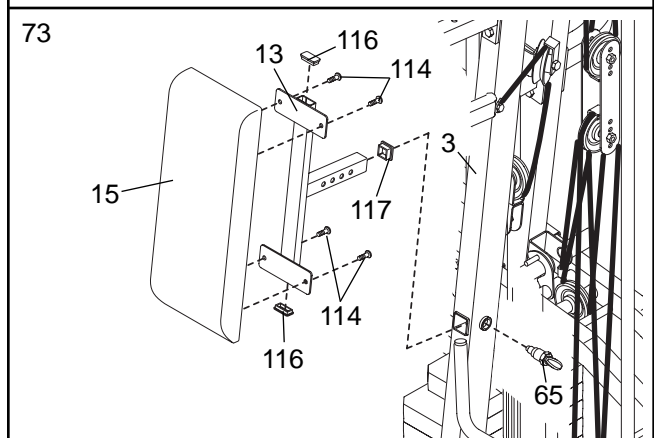
Attach the Seat (16) to the Seat Bracket (11) with two M6 x 16mm Screws (114), an M6 x 35mm Screw (99), and an M6 Washer (97).



Attach an Adjustment Handle (65) to the Seat Frame (8); making sure it is fully tightened. Then, turn the handle of the Adjustment Handle counter-clockwise several turns to loosen it. Next, pull the handle and insert the Seat Bracket (11) into the Seat Frame. Engage the Adjustment Handle into one of the holes in the Seat Bracket, and turn the handle clockwise until it is tight.

## 73. Press two 20mm x 40mm Inner Caps (116) and a 25mm x 40mm Inner Cap (117) into the Backrest Bracket (13).

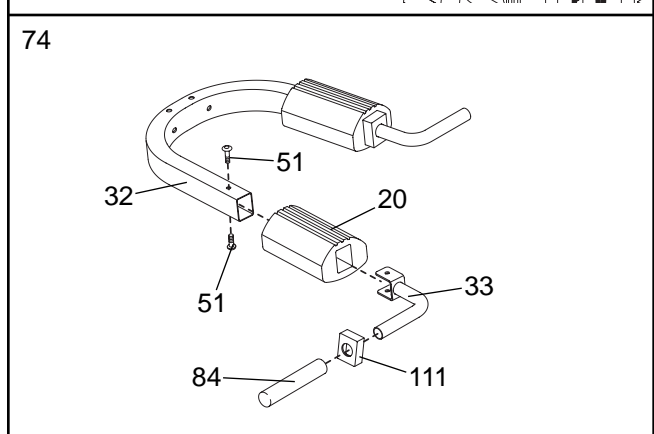
Attach the Butterfly Backrest (15) to the Backrest Bracket (13) with four M6 x 16mm Screws (114).



Attach an Adjustment Handle (65) to the Butterfly Upright (3); making sure it is fully tightened. Then, turn the handle of the Adjustment Handle counter-clockwise several turns to loosen it. Next, pull the handle and insert the Backrest Bracket (13) into the Butterfly Upright. Engage the Adjustment Handle into one of the holes in the Backrest Bracket, and turn the handle clockwise until it is tight.

## 74. Wet one end of the Squat Arm (32) with soapy water. Slide a Short Pad (20) onto the Squat Arm as shown.

Attach a Squat Handle (33) to the Squat Arm (32) with two M8 x 20mm Button Head Screws (51). Slide an Inner Cap w/Hole (111) onto the Squat Handle and press it onto the end of the Squat Arm. Wet the Squat Handle with soapy water. Slide an 200mm Handgrip (84) onto the Squat Handle.



**Repeat this step with the other end of the Squat Arm (32).**

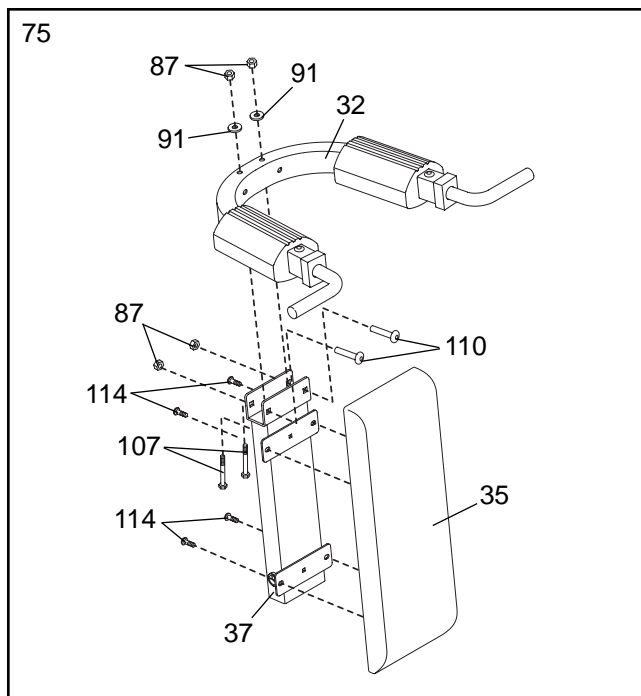


75. Attach the Squat Arm (32) to the Squat Bracket (37) with two M10 x 70mm Carriage Bolts (107), two M10 Washers (91), and two M10 Nylon Locknuts (87). **Do not tighten the Locknuts yet.**

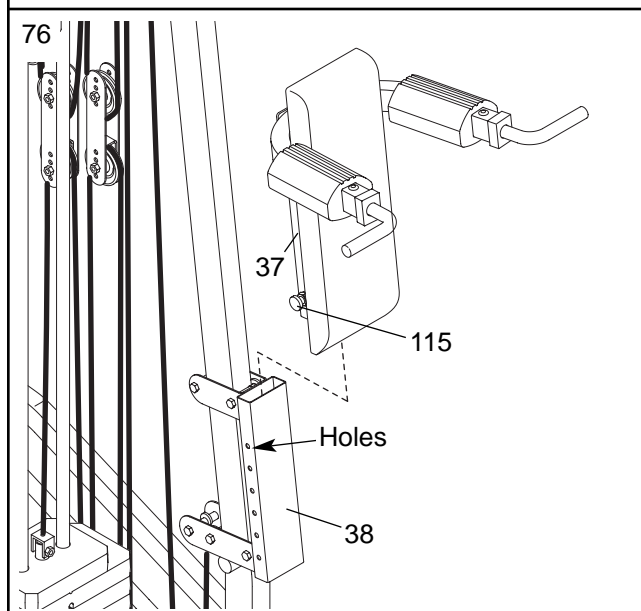
Finish attaching the Squat Arm (32) to the Squat Bracket (37) with two M10 x 65mm Carriage Bolts (110) and two M10 Nylon Locknuts (87).

**Tighten all of the M10 Nylon Locknuts (87) used in this step.**

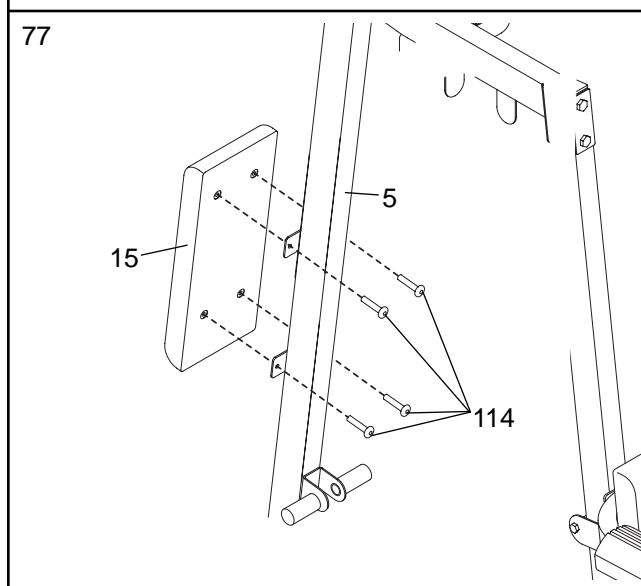
Turn the Squat Backrest (35) so that the four screw holes are closer to the bottom of the Squat Backrest than the top. Attach the Squat Backrest to the Squat Bracket (37) with four M6 x 16mm Screws (114).



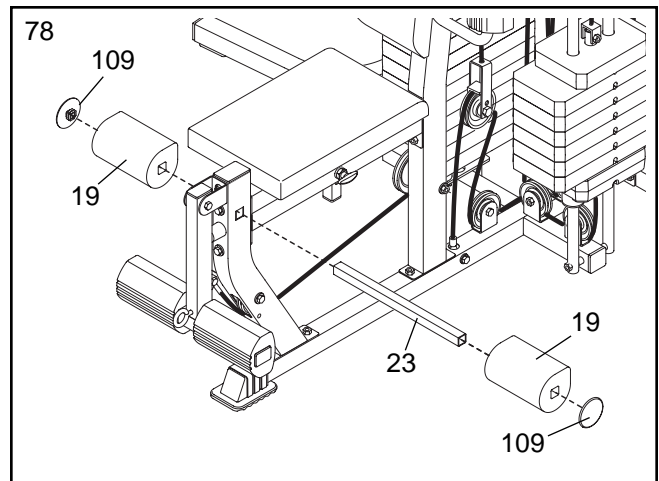
76. Attach an Adjustment Knob (115) to the Squat Bracket (37); making sure it is fully tightened. Then, turn the knob on the Adjustment Knob counterclockwise several times to loosen it. Next, pull the knob and slide the Squat Bracket down onto the Squat Slider (38). Engage the Adjustment Knob into one of the holes in the Squat Slider, and turn the knob clockwise until it is tight.



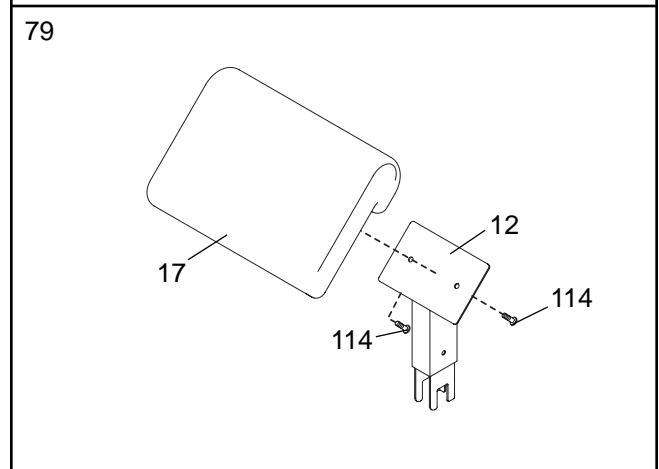
77. Attach a Butterfly Backrest (15) to the VKR Upright (5) with four M6 x 16mm Screws (114).



78. Insert the Pad Tube (23) into the square hole in the Seat Leg (9). Slide the two Knee Pads (19) onto the Pad Tube as shown. Press the two Knee Pad Caps (109) into the ends of the Pad Tube.



79. Attach the Curl Pad (17) to the Curl Frame (12) with two M6 x 16mm Screws (114).



80. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 32 and 33 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables. See TROUBLESHOOTING on page 31.**

# ADJUSTMENTS

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 34 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise. **IMPORTANT: When attaching the lat bar, row bar, or handle, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

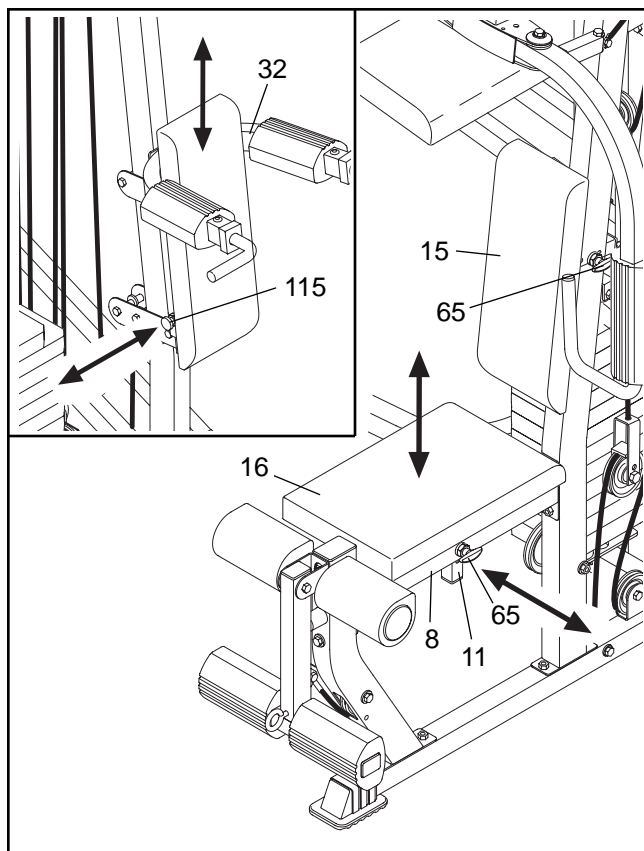
Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE SQUAT ARM, SEAT, OR BUTTERFLY BACKREST

To adjust the height of the Seat (16), first turn the Adjustment Handle (65) on the Seat Frame (8) counterclockwise several turns to loosen it. Next, pull the Handle and slide the Seat Bracket (11) up or down to the desired position. Engage the Handle into one of the holes in the Seat Bracket, and turn the Handle clockwise until it is tight.

The position of the Butterfly Backrest (15) can be adjusted in the same way using the Adjustment Handle (65).

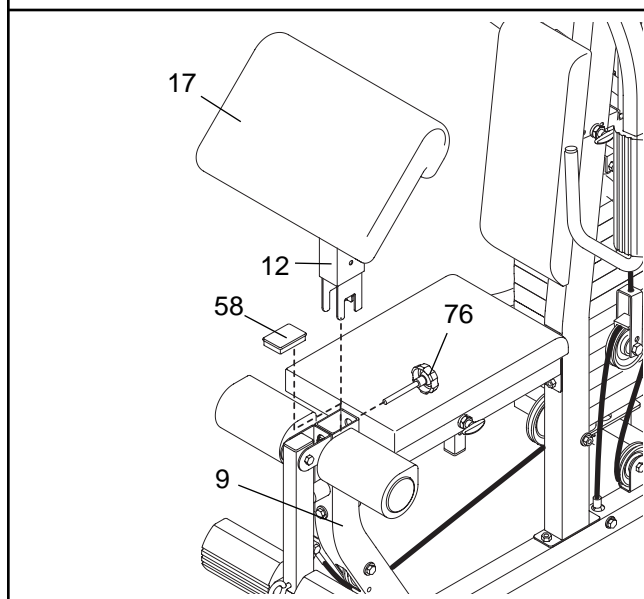
**See the inset drawing.** To adjust the height of the Squat Arm (32), first turn the Adjustment Knob (115) on the Squat Bracket (not shown) counterclockwise several turns to loosen it. Next, pull the Knob and slide the Squat Bracket up or down to the desired position. Engage the Handle into one of the holes in the Squat Slider (not shown), and then turn the Handle clockwise until it is tight.



## ADJUSTING THE CURL PAD

To use the Curl Pad (17), first remove the seat from the seat frame (see ADJUSTING THE SQUAT ARM, SEAT, OR BUTTERFLY BACKREST, above). Remove the 50mm x 75mm Inner Cap (58) from the Seat Leg (9). Insert the Curl Frame (12) into the Seat Leg. Tighten the Curl Frame Knob (76) into the Seat Leg and the Curl Frame. Reinsert the seat into the seat frame.

When the Curl Pad (17) is not in use, remove the Curl Frame Knob (76) and the Curl Frame (12) from the Seat Leg (9). Insert the 50mm x 75mm Inner Cap (58) into the Seat Leg. **Store the Curl Frame out of the way of the weight system.**



## CHANGING THE WEIGHT SETTING

To change the setting of a weight stack, insert a Weight Pin (50) under the desired Weight (44). Insert the Weight Pin so that the bent end touches the weight stack. Turn the bent end down.

To use the Bottom Weight (1) with the squat station or the low pulley station, insert the Weight Pin (50) under the Bottom Weight. Remove the other Weight Pin from the right weight stack.

To use the right weight stack with the squat station or the low pulley station, insert a Weight Pin (50) under the Bottom Weight (1). Then, insert the other Weight Pin under the desired Weight (44) in the right weight stack.

**Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 30 to find the approximate amount of resistance at each weight station.**

## USING THE DIP ASSIST

To use the Dip Assist Arm (128), first lift the Arm into the position shown and engage the Dip Pin (135) into Arm. **Make sure the Pin is in the locked position around the Arm.**

Next, insert a weight pin under the desired weight in the right stack of weights (see CHANGING THE WEIGHT SETTING, above). Finally, disengage the Dip Lock Lever (136) from the tube on the VKR Upright (5).

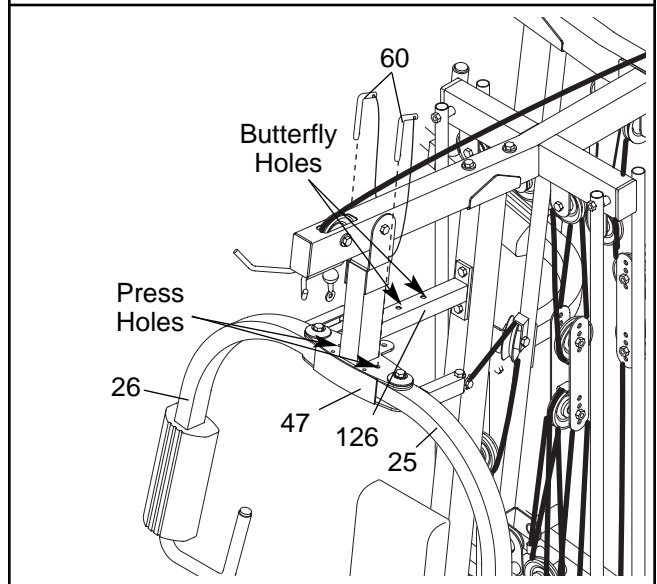
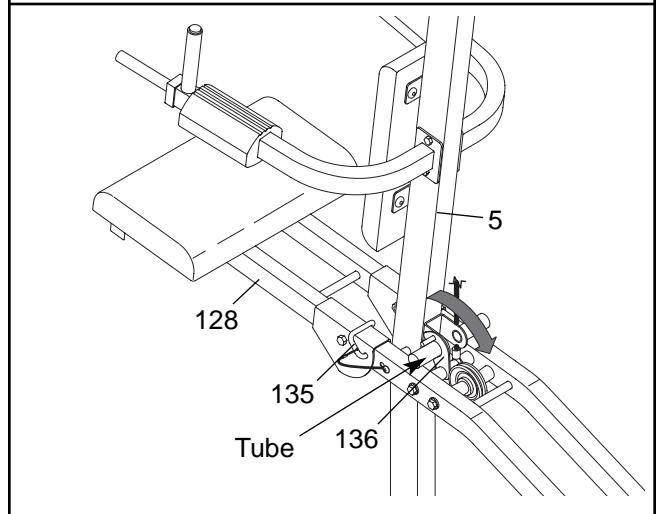
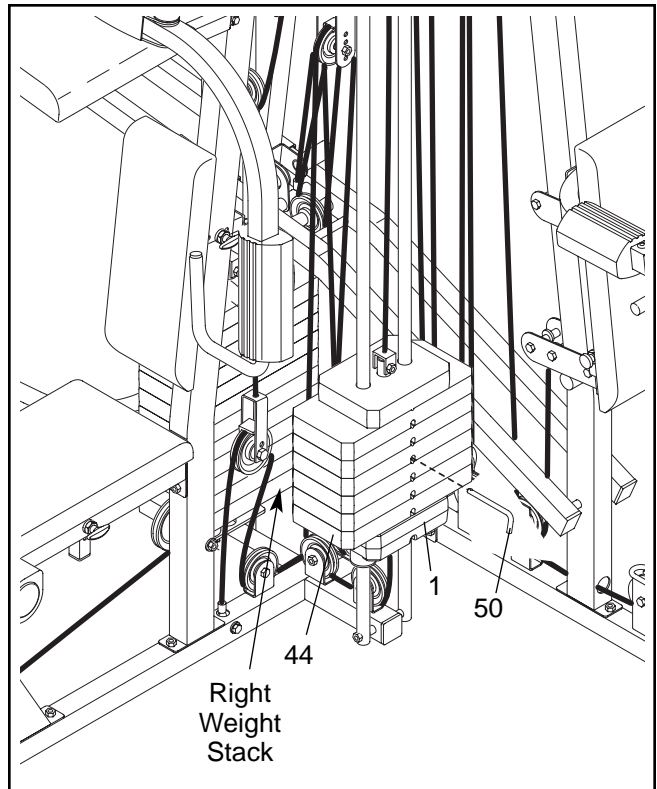
**Make sure the Dip Lock Lever (136) is engaged when the Dip Assist Arm (128) is not being used.**

## CONVERTING THE BUTTERFLY ARMS

To use the Butterfly Arms (25, 26) as butterfly arms, insert the "L"-pins w/Tethers (60) into the butterfly holes in the Butterfly Upright Extension (126).

To use the Butterfly Arms (25, 26) as press arms, insert the "L"-pins w/Tethers (60) into the press holes in the Butterfly Frame (47).

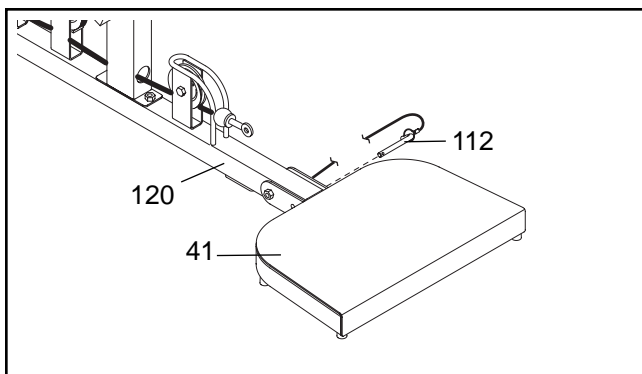
**Make sure that both "L"-pins w/Tethers (60) are fully inserted into the same set of holes before performing any exercise.**



## ADJUSTING THE SQUAT KNEE REST

To use the Squat Knee Rest (41), pivot it down to the position shown and insert the Pin w/Tether (112) into the holes in the Squat Knee Rest and the Long Base (120).

When the Squat Knee Rest (41) is not in use, pivot it up to a vertical position and then insert the Pin w/Tether (112) into the hole in the Long Base (120).

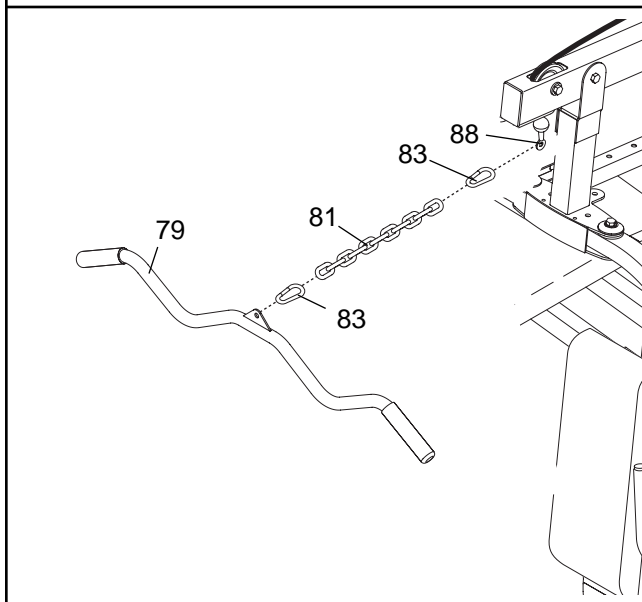


## ATTACHING THE LAT BAR, ROW BAR, OR HANDLE TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

Attach the Lat Bar (79) to the Lat Cable (88) with a Cable Clip (83). For some exercises, the Chain (81) should be attached between the Lat Bar and the Lat Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Lat Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

**The Lat Bar (79) can be attached to the Squat Low Cable (not shown) in the same way.**

The Row Bar (not shown) or the Handle (not shown) can be attached to the Lat Cable (88) or the Squat Low Cable (not shown) in the same way.



# WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. "Left Top" and "Right Top" refer to the 6 lb. top weights. "Bottom" refers to the 10.5 lb. bottom weight. The other numbers refer to the 12.5 lb. weight plates. Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: The actual resistance at each station may vary due to differences in individual weight plates as well as friction between the cables, pulleys, and weight guides.**

WEIGHT	HIGH PULLEY (lbs.)	PRESS ARM (lbs.)	LEG LEVER (lbs.)	BUTTER-FLY ARM (lbs.)	ASSIST (lbs.)	SQUAT (lbs.)	LOW PULLEY (lbs.)
<b>Left Top</b>	-	-	-	-	-	51	44
<b>1</b>	-	-	-	-	-	68	60
<b>2</b>	-	-	-	-	-	90	82
<b>3</b>	-	-	-	-	-	108	100
<b>4</b>	-	-	-	-	-	123	115
<b>5</b>	-	-	-	-	-	139	125
<b>6</b>	-	-	-	-	-	157	140
<b>Bottom</b>	-	-	-	-	-	184	175
<b>Right Top</b>	18	31	28	19	20	-	-
<b>1</b>	32	53	50	33	51	201	191
<b>2</b>	47	79	69	46	72	231	210
<b>3</b>	61	101	93	61	90	247	230
<b>4</b>	76	123	116	73	118	265	250
<b>5</b>	91	151	138	89	150	285	270
<b>6</b>	109	172	164	99	177	303	285
<b>7</b>	124	192	183	117	204	319	305
<b>8</b>	138	223	206	129	235	329	320
<b>9</b>	162	253	240	147	255	340	335
<b>10</b>	186	273	271	169	290	351	345
<b>11</b>	197	298	291	182	329	365	350

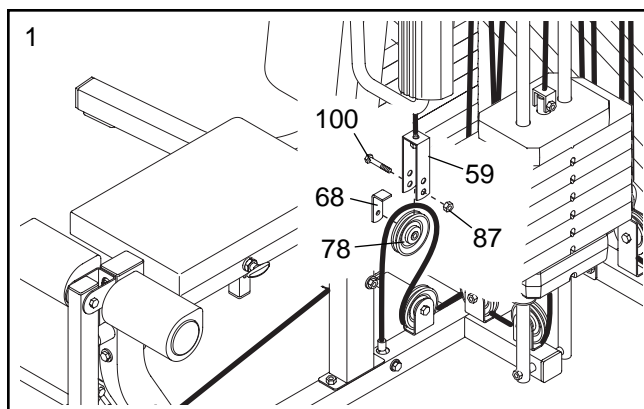
# TROUBLESHOOTING

Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

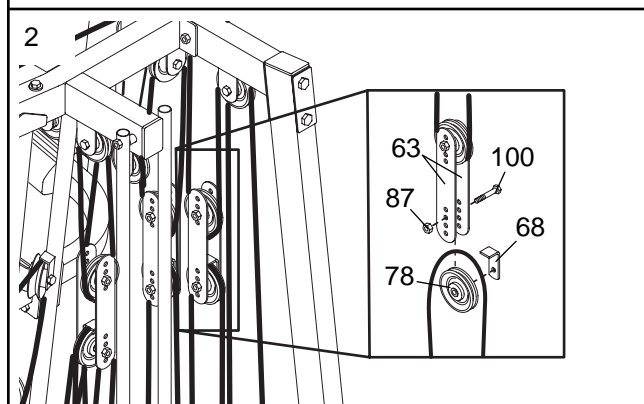
## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. To tighten the cables, first insert the weight pins into the centers of the weight stacks. Slack can be removed from the cables in several ways:

**See drawing 1.** Remove the M10 Nylon Locknut (87), M10 x 50mm Bolt (100), 90mm Pulley (78), and Cable Trap (68) from the “U”-bracket (59). Reattach the Pulley and the Cable Trap between the higher set of holes in the “U”-bracket with the Bolt and Nylon Locknut. **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



**See drawing 2.** Remove the upper or lower M10 Nylon Locknut (87), M10 x 50mm Bolt (100), 90mm Pulley (78), and Cable Trap (68) from a set of Pulley Plates (63). Reattach the Pulley and the Cable Trap between a set of holes closer to the center of the Pulley Plates with the Bolt and Nylon Locknut. **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

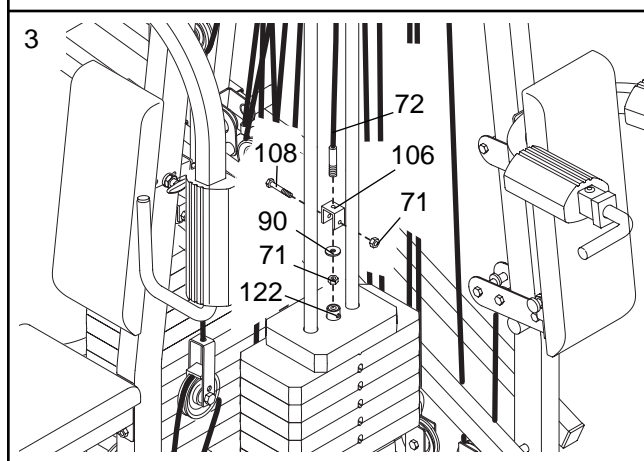


**See drawing 3.** The threaded ends on the Dip Cable (not shown) and the Squat Low Cable (72) attached to the weight stacks, or the Leg Lever Cable (not shown), can be used to tighten the cables.

To tighten the Squat Low Cable (72), remove the M8 x 45mm Bolt (108) and the M8 Nylon Locknut (71) from the Small “U”-bracket (106) and the Short Weight Tube (122).

Tighten the M8 Nylon Locknut (71) at the end of the Squat Low Cable (72) a few turns. Re-attach the Small “U”-bracket (106) to the Short Weight Tube (122) with the M8 x 45mm Bolt (108) and the M8 Nylon Locknut (71).

The Dip Cable (not shown) or Leg Lever Cable (not shown) can be tightened in the same manner.

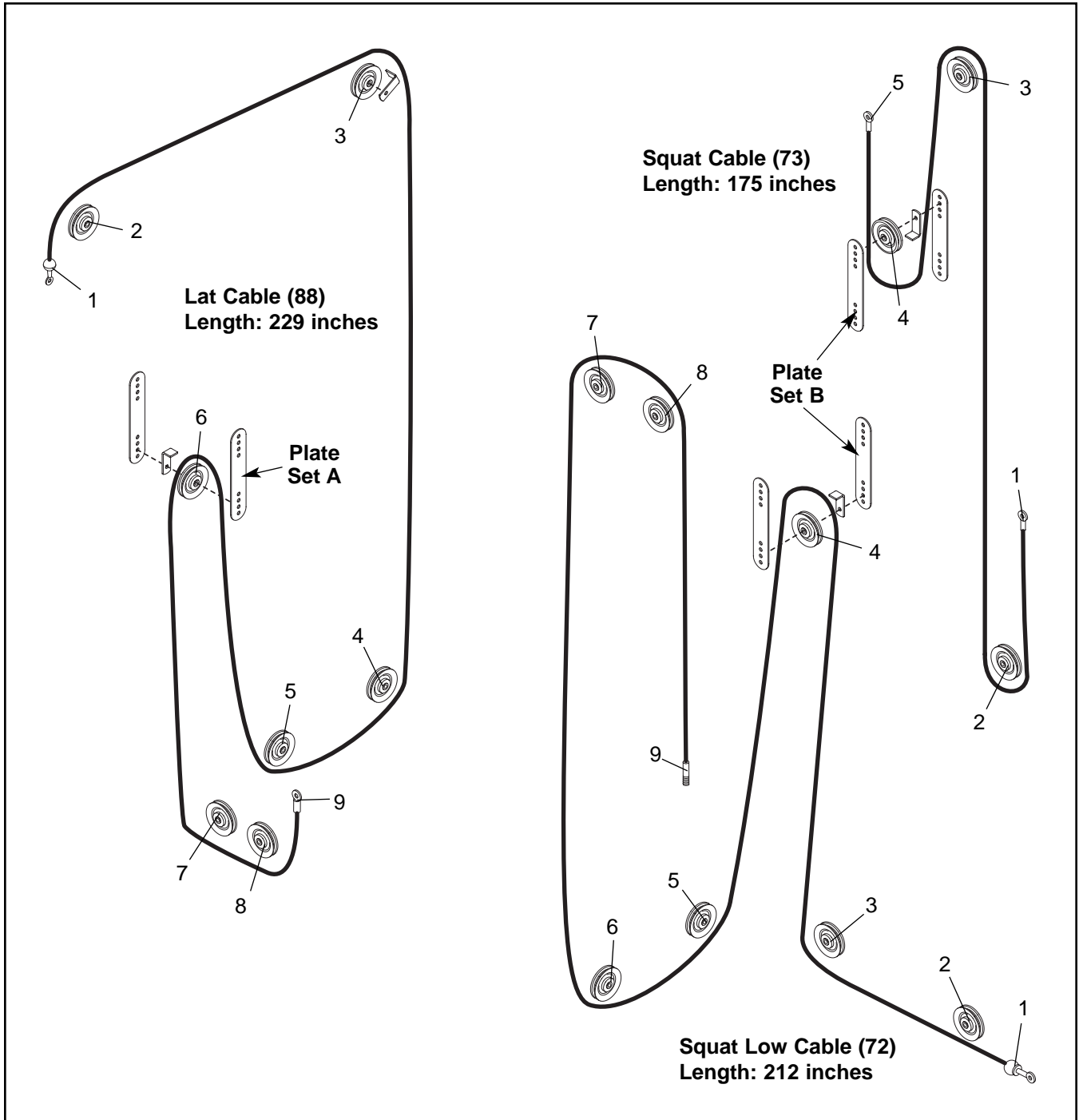


**Do not overtighten the cables. If the cables are overtightened, the top weights will be lifted off the weight stacks.**

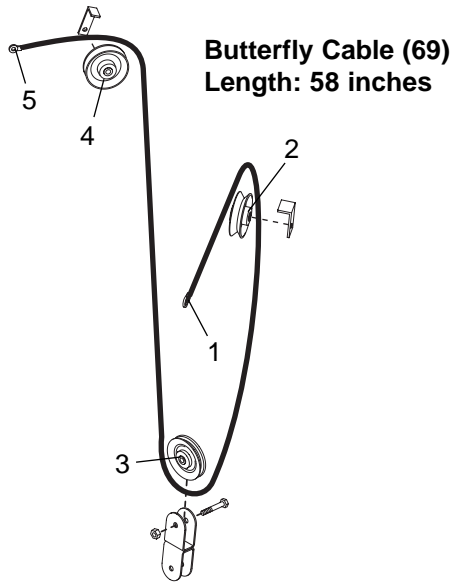
**If a cable slips off the pulleys repeatedly, it may have become twisted. Remove the cable and re-install it.** If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

# CABLE DIAGRAMS

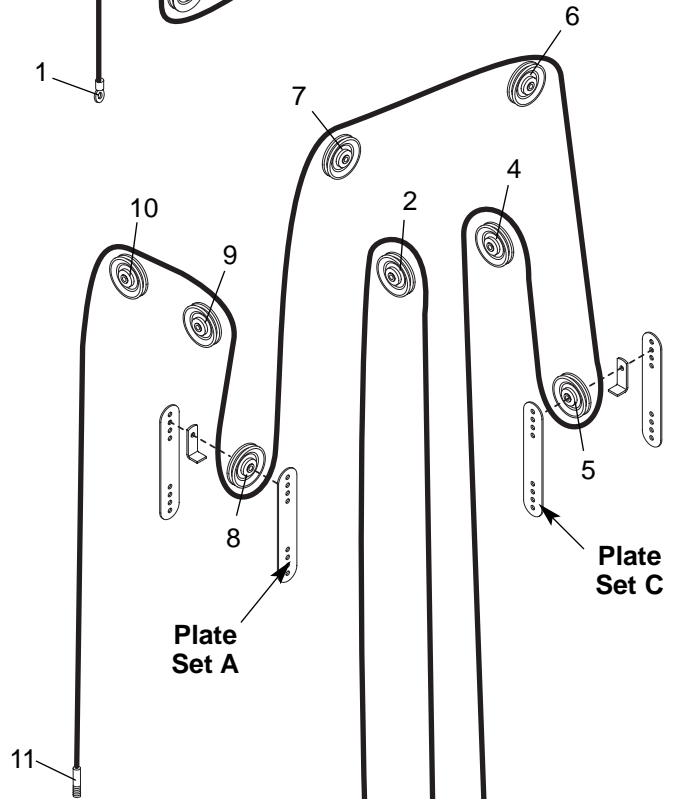
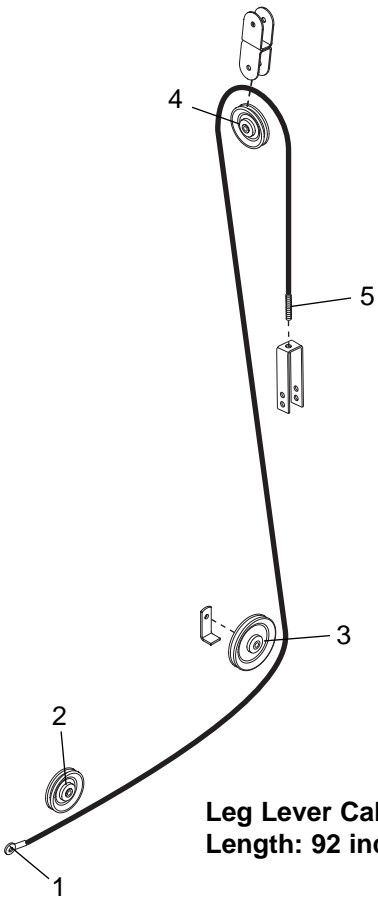
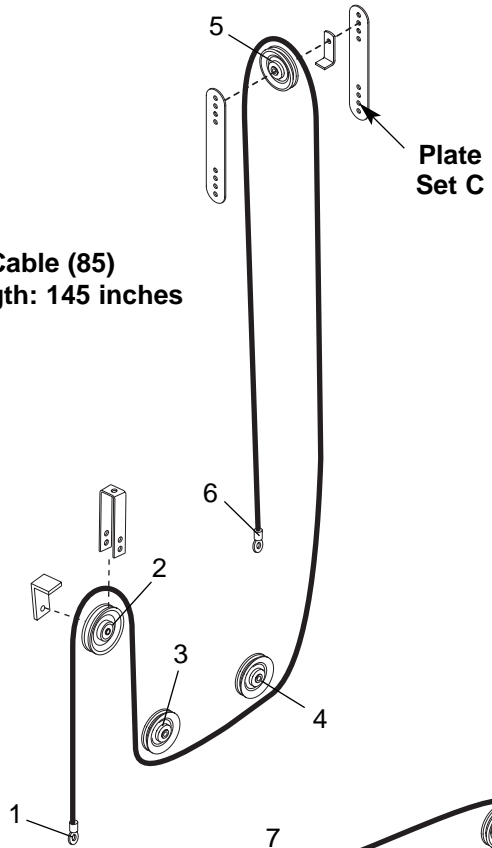
The cable diagrams show the proper routing of the Butterfly Cable (69), the Squat Low Cable (72), the Squat Cable (73), the Dip Cable (74), the Leg Lever Cable (75), the Fly Cable (72), and the Lat Cable (88). Use the diagrams to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**







**Fly Cable (85)**  
Length: 145 inches



**Dip Cable (74)**  
Length: 320 inches

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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

### Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

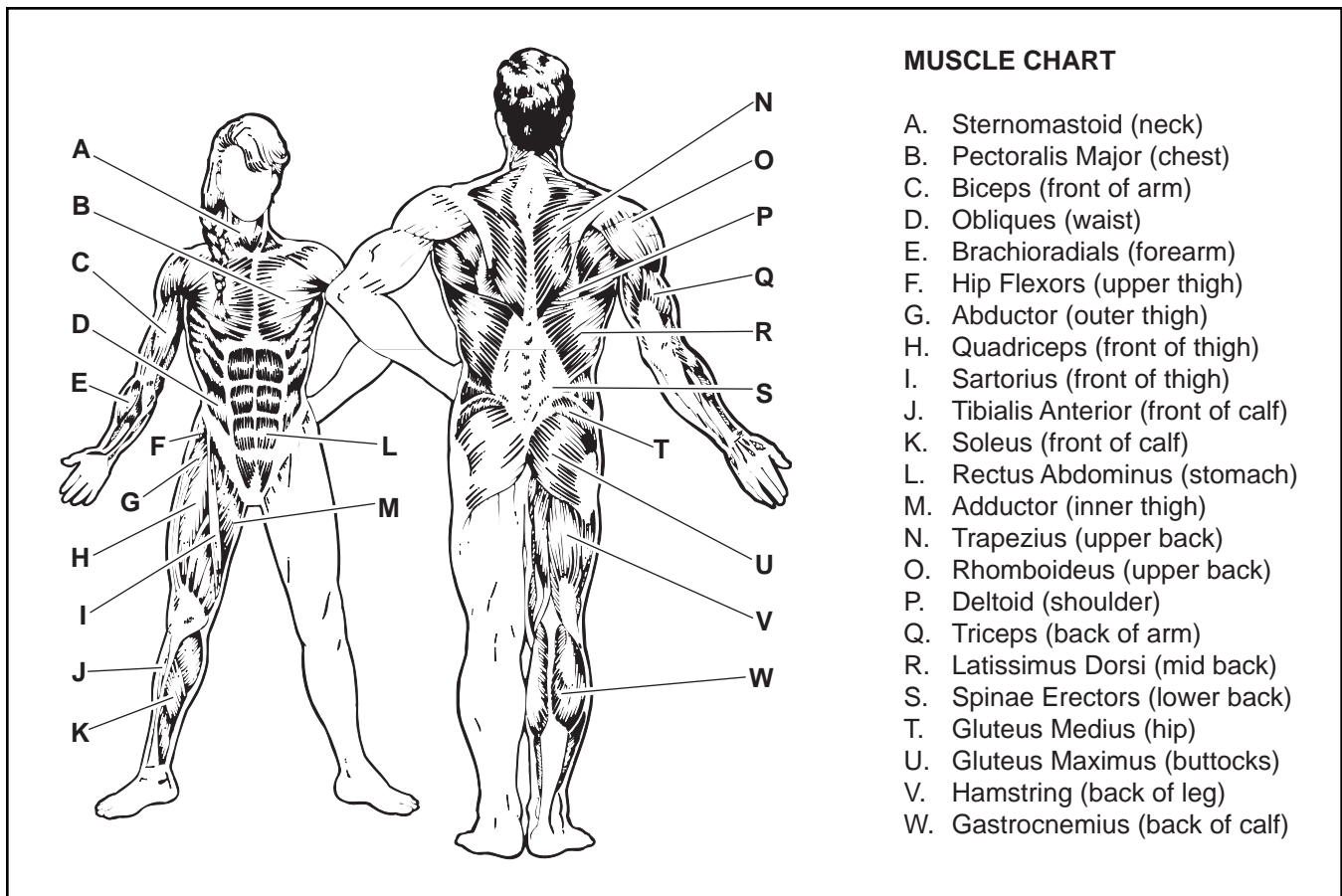
### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



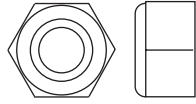
# PART IDENTIFICATION CHART—Model No. GGSY69320

R0303A

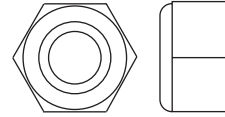
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



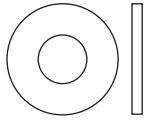
M4 Washer (142)



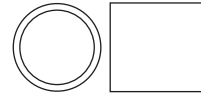
M8 Nylon Locknut (71)



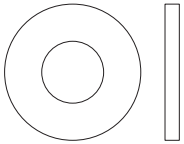
M10 Nylon Locknut (87)



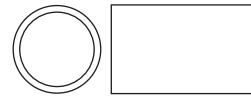
M6 Washer (97)



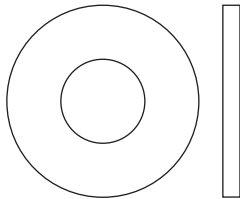
12.5mm Spacer (89)



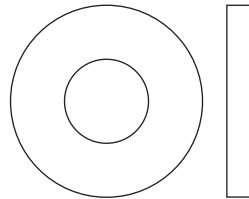
M8 Washer (90)



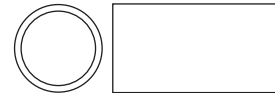
19mm Spacer (86)



M10 Washer (91)



M10 Thick Washer (143)



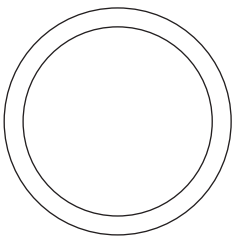
22mm Spacer (144)



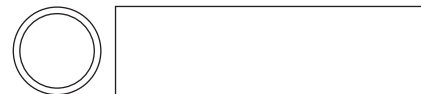
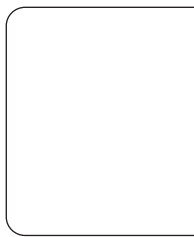
25mm Spacer (118)



30mm Spacer (124)



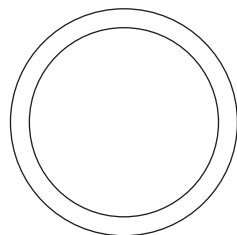
25mm x 25mm Round Outer Cap (140)



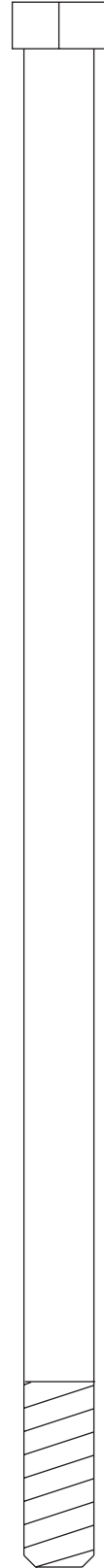
40mm Spacer (141)



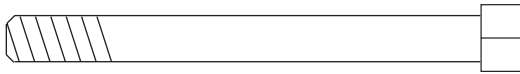
42.5mm Spacer (137)



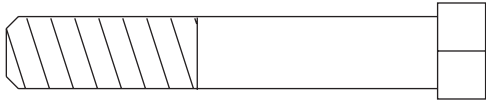
25mm x 50mm Round Outer Cap (113)



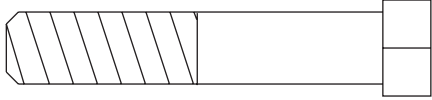
M10 x 207mm Bolt (61)



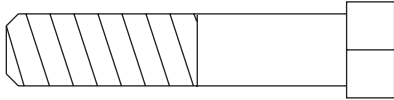
M6 x 63mm Bolt (34)



M10 x 57mm Bolt (98)



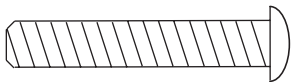
M10 x 50mm Bolt (100)



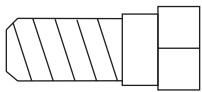
M10 x 45mm Bolt (93)



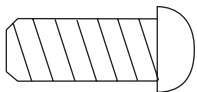
M8 x 45mm Bolt (108)



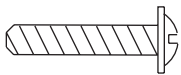
M6 x 35mm Screw (99)



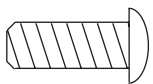
M8 x 20mm Shoulder Bolt (103)



M8 x 20mm Button Head Screw (51)



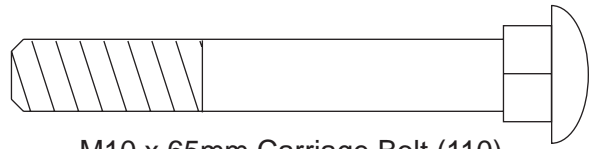
M4 x 20mm Self-tapping Screw (14)



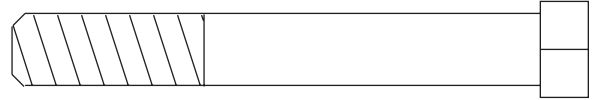
M6 x 16mm Screw (114)



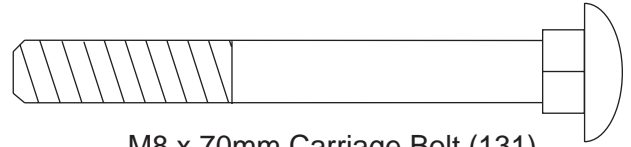
M10 x 65mm Bolt (18)



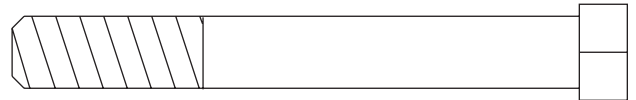
M10 x 65mm Carriage Bolt (110)



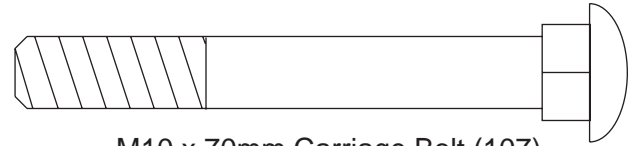
M10 x 70mm Bolt (134)



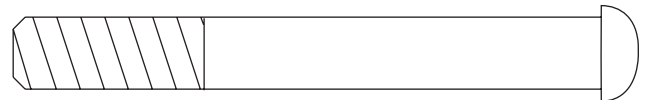
M8 x 70mm Carriage Bolt (131)



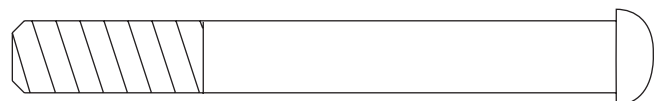
M10 x 75mm Bolt (101)



M10 x 70mm Carriage Bolt (107)



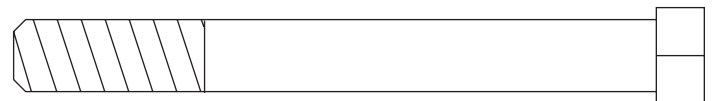
M10 x 78mm Button Head Bolt (139)



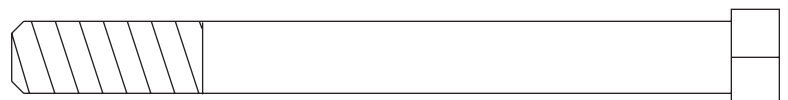
M10 x 80mm Button Head Bolt (104)



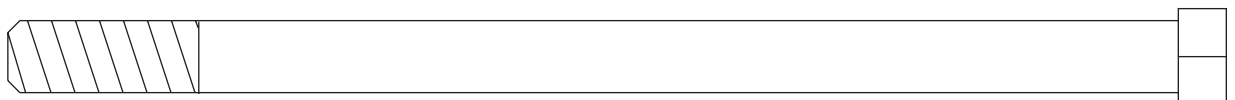
M8 x 85mm Bolt (94)



M10 x 85mm Bolt (96)

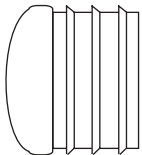
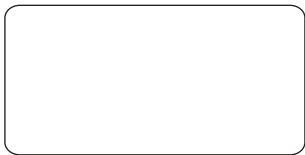


M10 x 95mm Bolt (92)

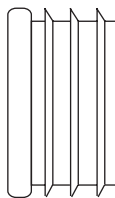
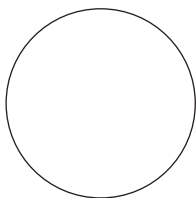


M10 x 155mm Bolt (95)

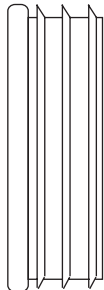
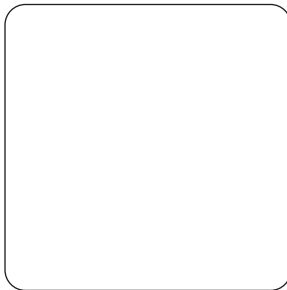
**REMOVE THIS PART IDENTIFICATION CHART AND PART LIST BEFORE BEGINNING ASSEMBLY. SAVE THIS PART IDENTIFICATION CHART AND PART LIST FOR FUTURE REFERENCE.**



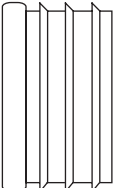
20mm x 40mm Inner Cap (116)



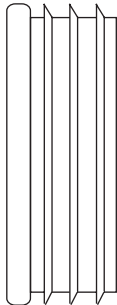
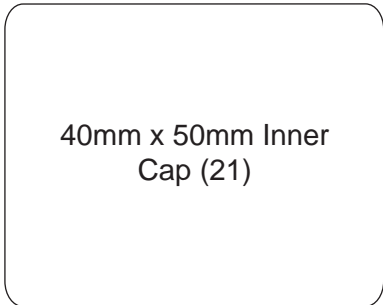
25mm Round Inner Cap (29)



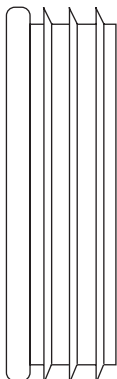
38mm Square Inner Cap (67)



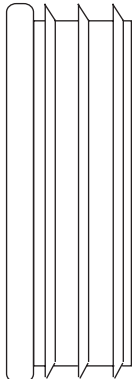
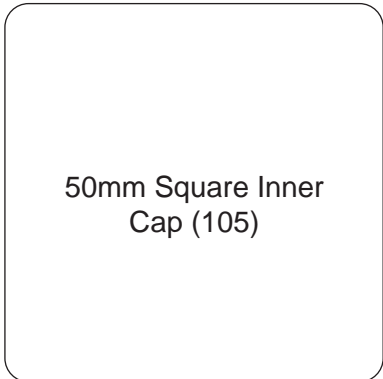
25mm x 40mm Inner Cap (117)



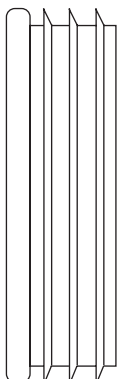
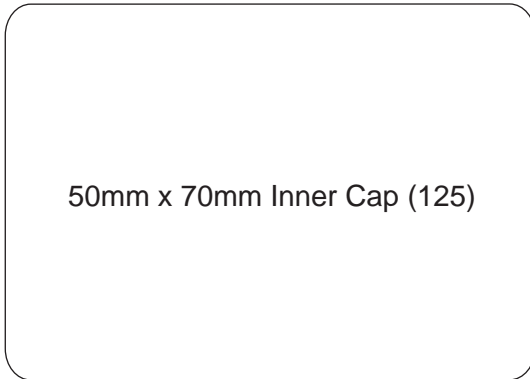
40mm x 50mm Inner Cap (21)



50mm x 75mm Inner Cap (58)



50mm Square Inner Cap (105)



50mm x 70mm Inner Cap (125)

# PART LIST—Model No. GGSY69320

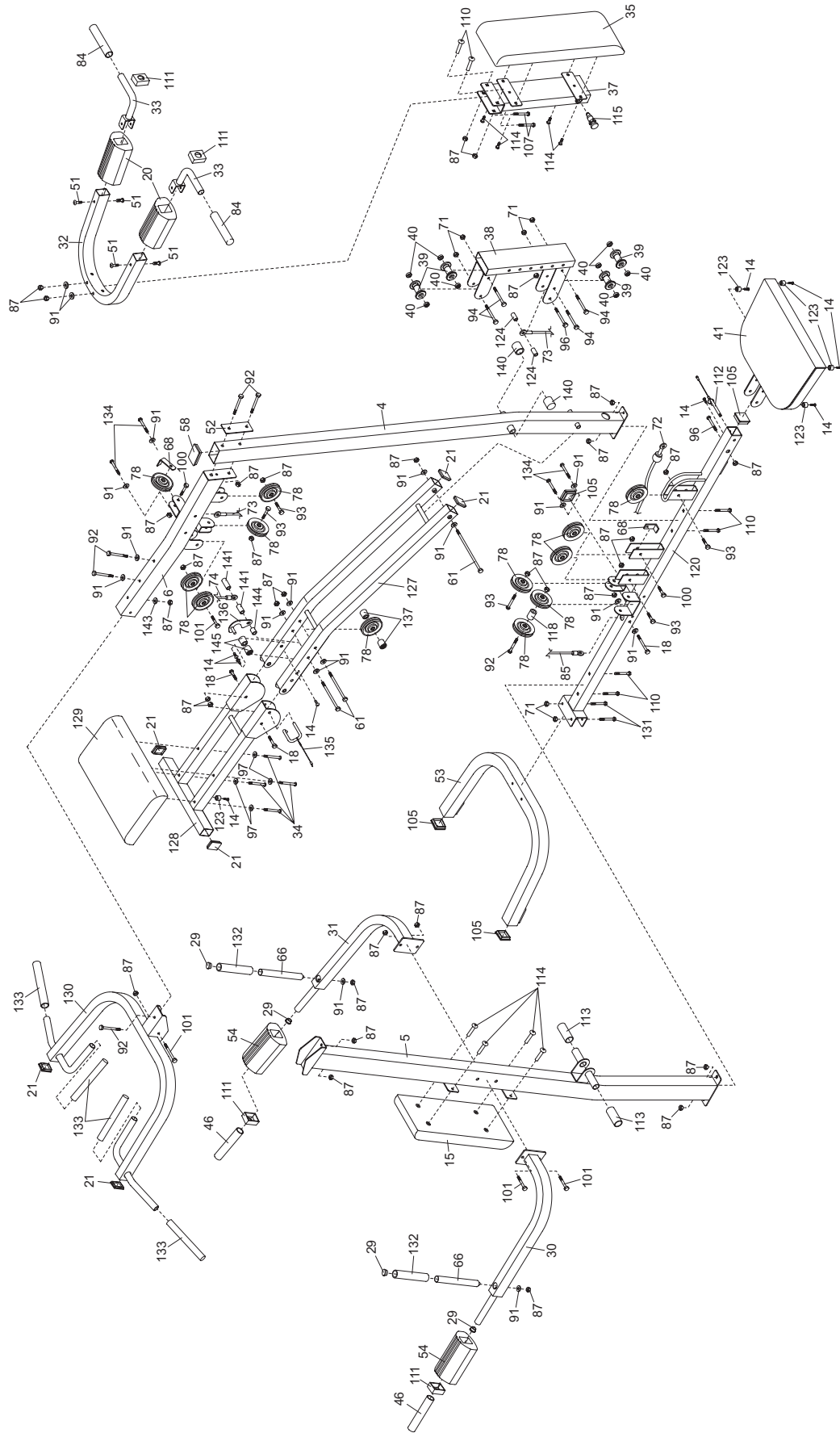
R0303A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bottom Weight	53	1	Rear Stabilizer	105	6	50mm Square Inner Cap
2	1	Short Base	54	4	Long Pad	106	2	Small "U"-bracket
3	1	Butterfly Upright	55	2	"V"-pulley	107	2	M10 x 70mm Carriage Bolt
4	1	Squat Upright	56	4	Plastic Washer	108	2	M8 x 45mm Bolt
5	1	VKR Upright	57	4	Butterfly Cap	109	2	Knee Pad Cap
6	1	Top Frame	58	5	50mm x 75mm Inner Cap	110	10	M10 x 65mm Carriage Bolt
7	1	Butterfly Top Frame						
8	1	Seat Frame	59	1	"U"-bracket	111	4	Inner Cap w/Hole
9	1	Seat Leg	60	2	"L"-pin w/Tether	112	1	Pin w/Tether
10	1	Leg Lever	61	3	M10 x 207mm Bolt	113	2	25mm x 50mm Round Outer Cap
11	1	Seat Bracket	62	1	Double "U"-bracket	114	16	M6 x 16mm Screw
12	1	Curl Frame	63	6	Pulley Plate	115	1	Adjustment Knob
13	1	Backrest Bracket	64	2	Left Weight Guide	116	4	20mm x 40mm Inner Cap
14	13	M4 x 20mm Self-tapping Screw	65	2	Adjustment Handle	117	2	25mm x 40mm Inner Cap
15	2	Butterfly Backrest	66	2	VKR Handle	118	1	25mm Spacer
16	1	Seat	67	1	38mm Square Inner Cap	119	1	115mm Pulley
17	1	Curl Pad	68	9	Cable Trap	120	1	Long Base
18	7	M10 x 65mm Bolt	69	1	Butterfly Cable	121	1	Large Cable Trap
19	2	Knee Pad	70	2	Pivot Bracket	122	1	Short Weight Tube
20	4	Short Pad	71	14	M8 Nylon Locknut	123	5	Knee Rest Bumper
21	11	40mm x 50mm Inner Cap	72	1	Squat Low Cable	124	2	30mm Spacer
22	1	Eyebolt	73	1	Squat Cable	125	1	50mm x 70mm Inner Cap
23	1	Pad Tube	74	1	Dip Cable	126	1	Butterfly Upright Extension
24	1	Base Cap	75	1	Leg Lever Cable	127	1	Dip Assist Frame
25	1	Left Butterfly Arm	76	1	Curl Frame Knob	128	1	Dip Assist Extension
26	1	Right Butterfly Arm	77	1	Leg Lever Bumper	129	1	Dip Assist Pad
27	2	Press Handle	78	33	90mm Pulley	130	1	Pull-up Frame
28	2	Long Handgrip	79	1	Lat Bar	131	2	M8 x 70mm Carriage Bolt
29	6	25mm Round Inner Cap	80	1	Row Bar	132	2	167mm Handgrip
30	1	Left VKR Arm	81	1	Chain	133	4	225mm Handgrip
31	1	Right VKR Arm	82	1	Handle	134	4	M10 x 70mm Bolt
32	1	Squat Arm	83	3	Cable Clip	135	1	Dip Pin
33	2	Squat Handle	84	2	200mm Handgrip	136	1	Dip Lock Lever
34	4	M6 x 63mm Bolt	85	1	Fly Cable	137	2	42.5mm Spacer
35	1	Squat Backrest	86	2	19mm Spacer	138	1	Weight Plate
36	4	135mm Handgrip	87	90	M10 Nylon Locknut	139	4	M10 x 78mm Button Head Bolt
37	1	Squat Bracket	88	1	Lat Cable	140	2	25mm x 25mm Round Outer Cap
38	1	Squat Slider	89	4	12.5mm Spacer	141	2	40mm Spacer
39	4	Roller	90	3	M8 Washer	142	3	M4 Washer
40	8	Roller Bearing	91	46	M10 Washer	143	5	M10 Thick Washer
41	1	Squat Knee Rest	92	15	M10 x 95mm Bolt	144	1	22mm Spacer
42	2	Right Weight Guide	93	16	M10 x 45mm Bolt	145	2	25mm Bumper
43	1	Long Weight Tube	94	4	M8 x 85mm Bolt	#	1	Allen Wrench
44	17	Weight	95	4	M10 x 155mm Bolt	#	1	User's Manual
45	2	Top Weight	96	2	M10 x 85mm Bolt	#	1	Exercise Guide
46	2	165mm Handgrip	97	5	M6 Washer			
47	1	Butterfly Frame	98	2	M10 x 57mm Bolt			
48	2	Weight Tube Bumper	99	1	M6 x 35mm Screw			
49	4	Weight Bumper	100	11	M10 x 50mm Bolt			
50	2	Weight Pin	101	6	M10 x 75mm Bolt			
51	8	M8 x 20mm Button Head Screw	102	2	Long Cable Trap			
52	1	Short Frame Plate	103	3	M8 x 20mm Shoulder Bolt			
			104	2	M10 x 80mm Button Head Bolt			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. GGSY69320

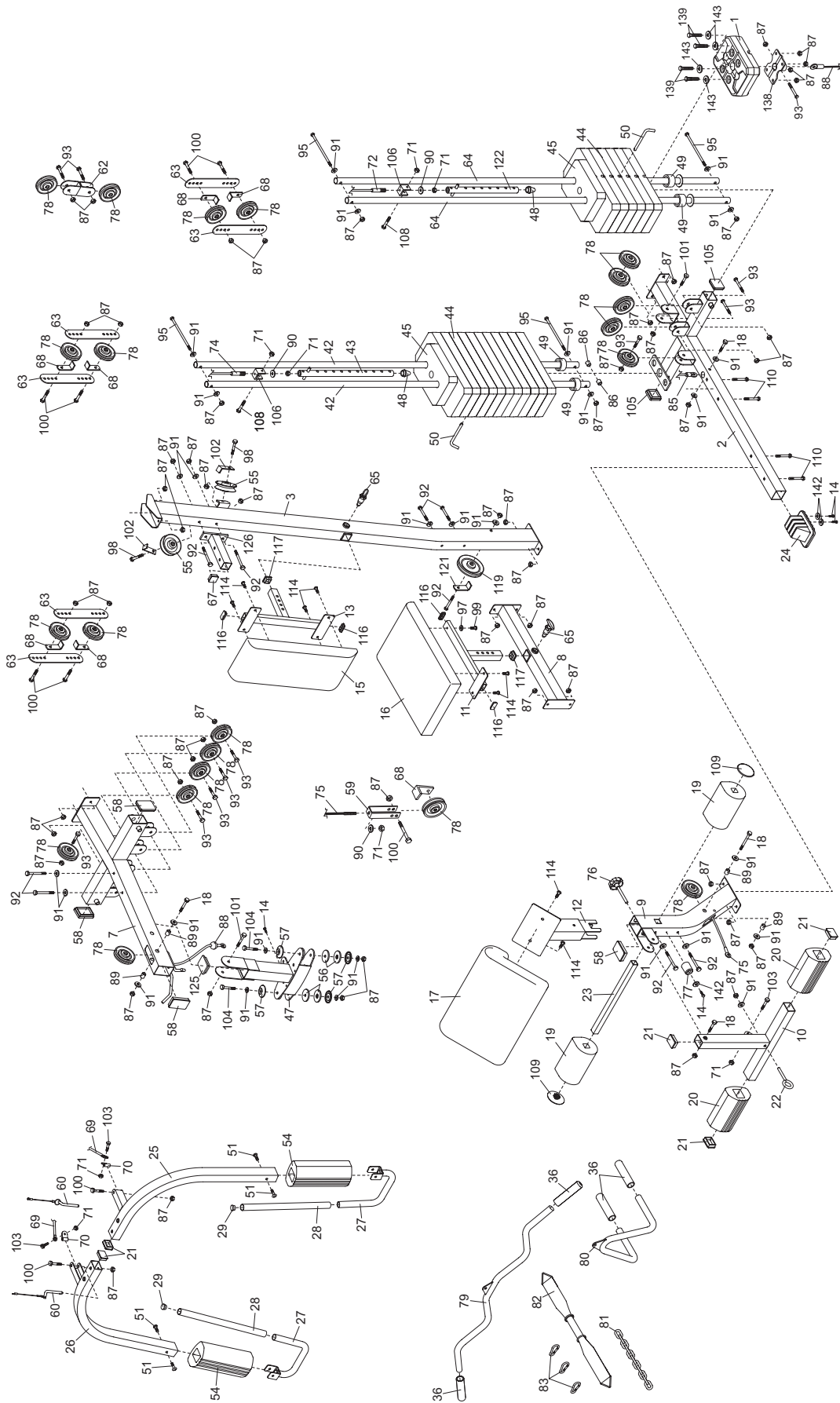
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# EXPLODED DRAWING—Model No. GGSY69320

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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (GGSY69320)
2. The NAME of the product (GOLD'S GYM® XRT 75 weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

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## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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